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Ludlow High School

ASCEND

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Ludlow High School
500 Chapin Street
Ludlow, MA 01056
413-589-9001

ASCEND

It takes

INSPIRATION 4
Faculty and Staff

PURPOSE 14
Students

DRIVE 76
Athletics

COMMITMENT 108
Clubs and Activities

INDEX 120
Ads, teams, wills

CLASS COLORS

FRESHMEN
CLASS OF 2022

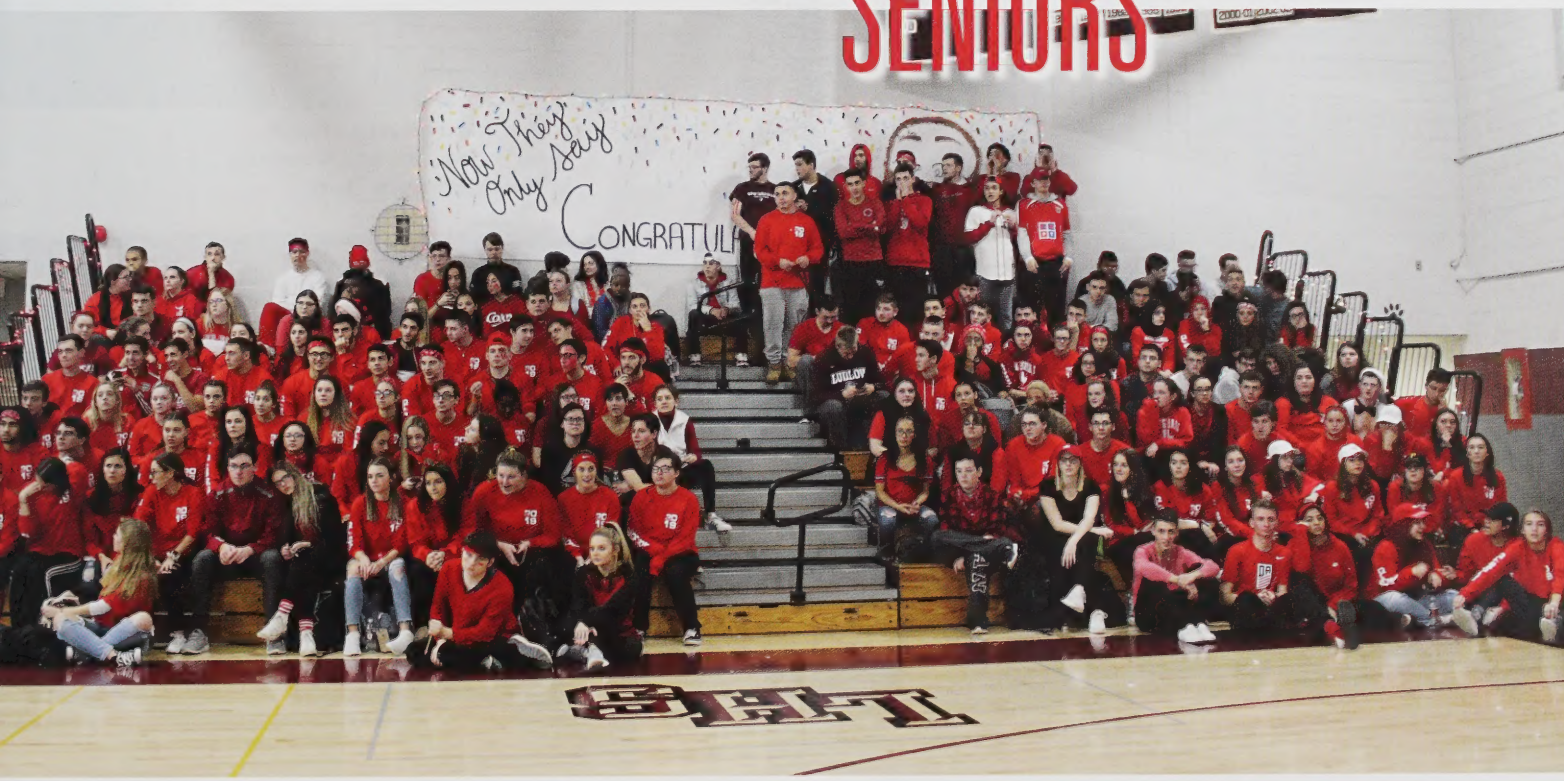
JUNIORS
CLASS OF 2022

SOPHOMORES

CLASS OF 2021

CLASS OF 2019

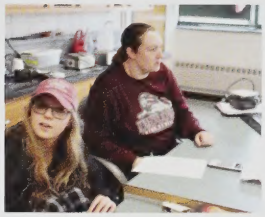
SENIORS



Inspire- LHS Faculty Hard at Work

"My favorite thing to teach is ecology, because I used to work at a zoo as the director of education."
Ms. McGrath, Science

"I enjoy teaching the constitution because it is the foundation for our government and society."
Mr. Bly, Social Studies



"Chemistry. It is a very difficult subject for most people and I like to show them it is not out of their reach."
Mrs. Wosko, Student Support Services

We surveyed teachers and asked them what their favorite thing to teach was and why?"

Teachers at LHS know how to inspire their students. They collaborate with one another on projects, take professional development to further their education, and even ask their students for feed back.

Many teachers incorporate visuals, break things down, and stay after when students struggle. They know that having tough but reasonable

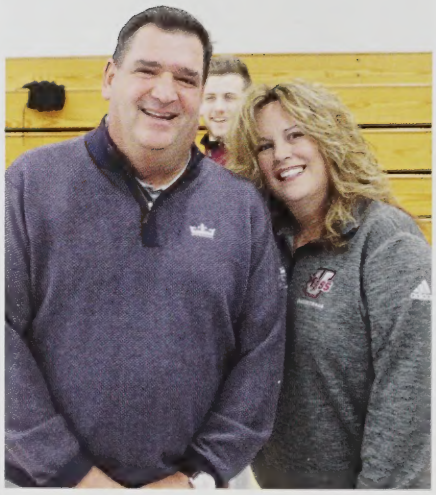
Inspiration starts with understanding and caring about each and every student.

conversations can change a student's point of view.

They also know how to challenge a student. "I'll put them in a leadership role," one teacher said. Another said they wrote "TAKE HONORS" on every assignment.

Teachers are here to inspire their students however they can. Take a look at the opening of each class page to see which teachers and classes inspire them.

HOW CAN WE HELP? Student Support Services is all about working with students to help them when material becomes difficult or challenging. But they also serve as another contact point when students are struggling in other ways. For instance, Mr. Lattanzio or "L" as he is known has come up again and again as a student favorite. And Mrs. Pennington serves as our award winning varsity swim coach.



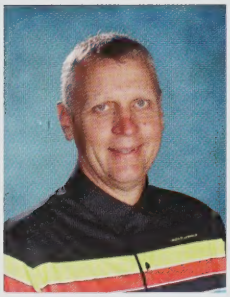
LIBRARY SPACE=HAPPY PLACE. Mrs. Potter and librarian Ms. Hedin do a lot to keep the library a fun and vibrant space. More than 100 kids a day spend their DLT time in the library. Every season Mrs. Potter does a little display to welcome kids into the space. For winter she used a collection of salt and pepper shaker figurines to create an idyllic scene.

COLLABORATE OR COMPETE? Most of the time teachers at LHS are really great at working together. However, this year during winter pep rally teachers competed in a musical chairs style competition. Mrs. Stephanie Fernandes, Mrs. Valentine, and Mrs. Sands were the final three. Mrs. Sands said, "Our true competitive spirit came out and we were determined to win for the junior class." We are thinking rematch with Fernandes next year.

WHY MUSIC? Mr. McAvoy said his favorite thing to teach was band. Go figure! "Band of course! It's so much fun to work with the band students. They are such a great group of students! I look forward every year to working with the band learning new music, facing new challenges and having some awesome concerts and fun activities during the year! His vocal counter part Mr. Henry said," The singing Valentines are among my favorite things to "teach". Really, they are an opportunity for chorus students to take charge and become leaders, and have a great time doing it."

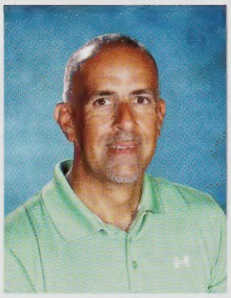
SAO MARTINHO

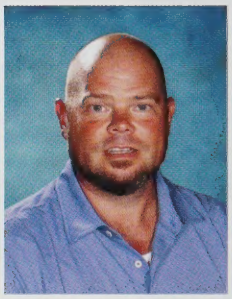
CELEBRATE! Portuguese Club advisor Senora Santos-Pontes and Mr. Mitchell get ready to have some Somal. One way that Mrs. Santos-Pontes engages students outside of her Portuguese classroom is by participating in other events. *. photo: below* **ENJOY!** English teacher Mr. Keith Woodman always takes advantage of the spread the Portuguese club puts on. Students love to see their teachers show up to events that they themselves enjoy. It is one way Ludlow's teachers show they care. *photo: below*


Kurt Anderson

Shannon Anderson

Felisa Andross


Mark Augusto


David Babine

Jennifer Bedore

Ann Marie Belden

Adelei Bernard

Tracey Blair

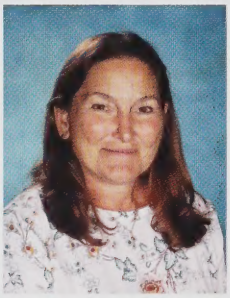
Thomas Bly

Christina Boutin

Timothy Brillo

Jason Camp

Cory Carr


Sandra Chechette

Emily Connelly

Tammy Cook

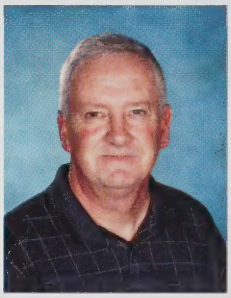
Nicole Court-Mellion

Linda Courtney

Bonnie Dias

Christina Dionne

Lisa Diotalevi


Michael Dowd

Jacqueline Dupont

Angelique Early

Gary Elson

Martin Fanning

Tina Fennelly

Maria Fernandes

Stephanie Fernandes

Anne Field

Alice Gallagher

Lori-Ann Gallant

Lindsay Gauthier

Rebecca Gauvin

Cynthia Goodreau

Diane Griffin

Rachel Gullberg

Michael Halpin

Jamison Hedin

Daniel Henry

Ronald Hokanson

Deborah Iby

Sonia Jaworski

Eric Johnson

Ingrid Jones

Jennifer Karalekas

Jaclyn Keefe

Kevin Kudla

Nancy Kurty

Eliza Lacroix

Paula Lane-Major

Krysten Langone

Jennifer Lavalley

Hollington Lee

Gerald Martin

Daniel Mason

Rebecca Mathisen

Patricia Matthieu

Kevin McAvoy

Lisa McCullough

Jennifer McGrath

Anna Miranda

Jonathan Mitchell

Chris Moran

Ashley Mourao

Brian Mulvehill

Amanda Nacsin

Eric Nacsin

Lisa Nemeth

John O`Connor

Richard Oliveira

Jennifer Ollquist

Chelsea Pafumi

Cheryl Patenaude

Brenda Pelissier

Shelly Pennington

Jennifer Picard

Elizabeth Pierga

Heather Pighetti

Aderito Pires

Deborah Potter

Martha Queiroga

Christopher Rea

Fermina Renta

Karen Roy

Lisa Roy

Diana Sands

Carlee Santaniello

Joanne Santos-Pontes

Meyleen Sierra

Michael Sittard

Brett Smith

Meredith Smith

Natalie Smith

Matthew Snow

Cheryl Snyder

Patricia Stack

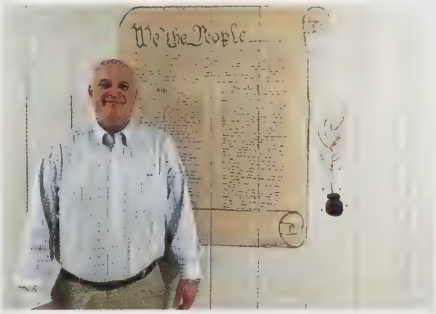
Brandi Stratton

Happy Retirement

Brian Bylicki

1986-2018
Social Studies

"My hope is that the staff continues to work hard to reach all students and that students work hard to reach their potential. This is the formula for positivity and makes the community stronger."



Mr. Brian Blyicki has been a staple in these hallways since 1986. He has served as a history teacher, department head, and held various roles in the Ludlow Education Association. In the late 80's Bylicki also was a freshmen basketball and baseball coach, junior varsity baseball coach for seven years, and varsity baseball coach for seven years. He was also advisor to the student council from 1986-2018. He inherited the role from Mr.Charest who told him, "you are now the advisor." Bylicki had to learn as he went.

It's obvious Mr. Bylicki was an incredibly accomplished member of the LHS community, but what will he miss? "I'll miss the report between colleagues of mine, especially the social studies department. I'll also miss teaching government. I love teaching it because it's good to see students who thought they had no political belief system become passionate about something that concerns them whether its individual rights or local policy."

Bylicki looks forward to attending Red Sox spring training in Florida, his daughter Hillary's wedding in 2020, finally reading what he wants, and cooking his famous shrimp scampi. He declined to share the recipe.

Patricia Targonski

Pierre Tendeng

Kerry Valentine

Peter Vamosy

Miryam Vesset

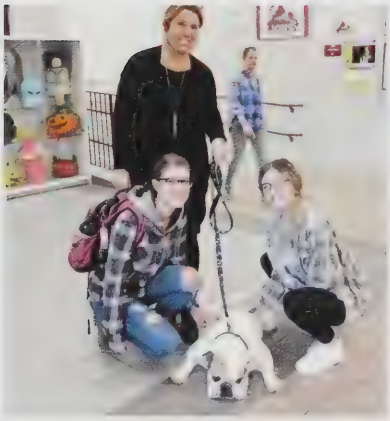
Brian Walsh

Tesha Joy Ward

Renee Wnuk

Diane Wright

Kathleen Zianio



Linda Courtney
New Business Venture

"Listen up kids: save your money, invest wisely, and STAY OUT OF DEBT!."- wise words of advice

TEACHING REAL WORLD EXPEREINCE. Mrs.Linda Courtney has a long and varied teaching path. "It's important to remember that for a long time business and technology teachers were not in high demand." Courtney says with a smile. How different that is from today. She started off teaching at the Business Education Institute for eight years before making a lot of professional jumps. She worked at St.Marys, Turners, Northampton, and West Springfield before she settled down here at LHS in 2000.

Mrs, Courtney has a passion for business, even at one time operating her own small craft venture. But teaching is of course her true passion. "Kids NEED this stuff and I love what I do." Courtney says as she talks about her passion for personal finance and programming. One thing she will not miss is all the paperwork involved in being a teacher and a department head.

Mrs. Courtney has been the department head here at LHS for many years now and even though the business department is a small one that has been a really great thing. She has really enjoyed working with Mrs. Picard over the years. They even worked together before LHS when they both taught at West Springfield High School.

So what will Mrs. Courtney do with all that free time? She plans to finish up some remodeling on her 1900's home. Particularly she wants to focus on the living room and foyers. She is incredibly handy with saws and drills. She even likes to show her grandson how to work some of the less dangerous tools.

She is also looking to reconnect with friends and family. She has a sibling in Maryland and would like to check out Washington DC. In addition, she wants to spend as much time with her three grandkids. Maybe even visit Utah.

One thing for sure is that Mrs. Courtney is going to miss many things about LHS. Including quality time with her daughter, spanish teacher Mrs. Chacon. The two have car pooled almost every morning for years. "I suppose her ride will get a lot quieter."

To wrap things up we asked Mrs. Courtney to share something about herself that students and even faculty she has known for years, might find surprising. "I absolutely love to do donuts in an empty parking lot after a fresh snow. The adrenaline rush is amazing." So if you see somebody ripping donuts in the Big Y parking lot, look twice, it could be Courtney living her best life.

THREE GENERATIONS. One of things Mrs. Courtney is looking forward to is spending time with her three grandchildren. She enjoys cooking with them and showing them how to use safe power tools!

Nancy Kurty
Changing Lanes

"This has been such a fabulous experience. All the kids, teachers, coaches, parents I have had the chance to meet over the last 30 years have touched my life."

FROM ATHLETE TO AP. When a teenage Nancy Kurty was playing left field and batting second for the West Springfield Royalettes, she might never have imagined the places a love of sports and health would take her. We here at LHS have been lucky to have her here for over 30 years!

"Every change of roles in my career was for upward movement. I was either ready to challenge myself or had gained more education," Kurty smiled as I asked her about her many job changes.

She started off as a PE middle school teacher in Brockton. But that only lasted a year. She switched gears and went to West Germany (there was a Berlin wall still) in 1980 and spent ten years working in the education of soldiers for the military. When she returned to the US to resettle she accepted her position as a PE teacher here at Ludlow. She almost took a job at Westfield but the principal of LHS at the time, Mr. Carvalho, convinced her Ludlow was better.

Kurty spend six years teaching PE and being a health coordinator, in addition to coaching softball and girls soccer. From there she took the job of athletic director and once again, was about to jump ship. She was going to take an athletic director job in West Springfield, but once again was coaxed back by the then principal, Dr. Kokinias.

After being the athletic director for 13 years, she was ready for another change. Kurty said, "athletic director is a very stressful job, not everyone knows that. There is a lot of things to handle at one time." So when the assistant principal postilion opened up, Kurty gladly accepted another new experience and role.

She really stressed that she has loved the people she worked with but especially the admin team she is on now with principal, Lisa Nemeth, Michael Halpin Halpin the other assistant principal, and athletic director Timothy Brillo. She and Nemeth can't even talk about her upcoming retirement without uncharacteristically getting weepy.

WHAT'S NEXT Mrs. Kurty is looking forward to becoming an official Massachusetts snowbird. She plans on splitting her time between her home near the Quabbin Resevoir in Belchertown, helping her husband at his golf course, and soaking up the rays in sunny Naples, Florida. She will be playing a lot of golf and spending time with her son Nick, who is down there as well.

ATHLETE AND ARTIST. Mrs. Kurty holds a degree in art and is looking forward to being able to spend time working with her creative side. Check out her "life boards" above. Mrs. Kurty uses mixed medias to chart the big events in someone's life.

In their own words....

Mrs. Nemeth said,"Well...Mrs. Kurty gets called me, Mrs. Nemeth, often, so she must be awesome! Working with her though has been a great 8 years. She knows everything about LHS and Ludlow in general and her talents are endless. She is a great artist and is so creative and organized in everything she does. Her detective skills are superb along with her commitment to the job in general. I am so excited for her to retire and enjoy the Florida sun and not worry about another student not graduating. She has been an amazing assistant principal and I am lucky to have started my principalship with such a caring, warm hearted, and funny person

Mr. Brillo said, "It is hard for me to imagine LHS without Nancy Kurty. Over the past 25 years, Nancy has been more than a colleague and a mentor to me she is a good friend. From our time teaching PE together through our administrative days Nancy has been a pleasure to work with. there really has never been a dull moment. Thank you, Nancy, for all you have done for me and all the students who have passed through the halls of LHS."

Mr. Halpin said,"When I came to Ludlow 15 years ago Nancy was the athletic director. What I will never forget was how Nancy, more than anyone else, went out of her way to make sure I was informed about how every event was going to happen and my role in each program. She made sure I was introduced to everyone and somehow was able to anticipate every question or concern I would have. I hope she realizes how helpful and comforting that was for me. She was and still is my go to person
Over the last fifteen years she has been my partner in crime, my mentor, confidant, sounding board, and voice of reason. Most significantly she has been a great friend, a friendship that I will cherish forever. I will miss the good times we have had laughing at how Ms. Nemeth mixes up names and confuses people. The students and parents of LHS have been lucky to have Ms. Kurty. The staff of LHS have been lucky to have Ms. Kurty, but mostly, I have been blessed to have worked with such a dedicated, kind, and caring person. Words cannot describe how much I will miss her and what our collegiality has meant to me. I wish her and her family all the best in her retirement. Knowing Nancy she will be busier in retirement than she is now

ARE YOU GREEN WITH ENVY? Juniors surround their class advisor Mrs. Blair. Emilio Mancuso, Logan Flagg, Sidney Kornacki, Sierra Rodrigues, Carson Kowalski.

COOKING SCHOOL Mrs. Bernard watches on with Mrs. Santinello as members of the cooking club create smore's dip. *photo: finished smnore's dip on lower right.*

Staff with Spirit

Art teachers Brett Smith and Ms. Pafumi are contemplating how to score Ga-Ga ball.

Portuguese teachers Mrs. Santos-Pontes and Mrs.Fernandes, science teachers Mrs. McGrath and Mrs. Stack, and student support services teacher Mr. Mitchell attending the Spanish heritage festival.

JENSEN GIROUX.
"Mr. Augusto is my favorite because he's full of jokes and laughter. After having him as a teacher I don't completely hate the subject math and he's even told me I've become a mathematician."

SHAYBA SAFI
"My favorite class I've had would have to be painting with Mr.Smith. His class was so laid back and fun."

MICHEAL MEDINA
"O'Connor is definitely my favorite teacher. He is nice to all his students and has a bubbly personality. He is definitely unique."

PURPOSE

JEREMY GARCIA. "Mr.Camp was one of the first and only teachers I've gotten close to. He has never given up on me even when I almost gave up on myself."

HUSO IBAS "Ms.Roy is an all around lovely person. She is chill but is always helpful to students in need."

Who was your favorite?

We asked seniors to share with us their favorite classes and teachers.

"The class of 2019 is surely a class with many different kinds of individuals.Those who focus on their studies, athletics, and those who want to just have fun. But those differences together are what brings us together in the end.

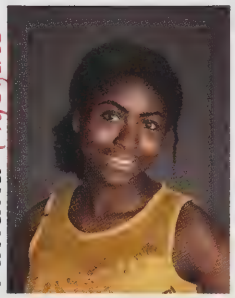
ARDA IBAS, 2019

POP!! Max Morel gives it everything he's got trying to pop a simple red balloon with his team mate during the winter spirit week rally. *Pictured above*

ESSKEETIT. Seniors David Rivera and Robert Gregory got their classmates hyped and ready to dominate the challenges at the spirit week rally. *Below left*

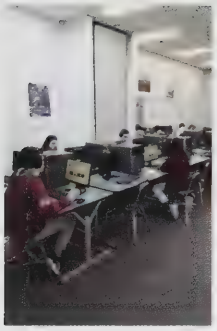
Seth *Abdou*

"The people that you work with are, when you get down to it, your very best friends."
Michael Scott



Amaka *Agozino*

"Strive to impress yourself - not others, and you will never be disappointed."
Amaka Agozino



Biliteracy Exam Ludlow High School has given students who are dedicated to learning a foreign language, the opportunity to possibly become officially fluent in the language that they have studied. On the first of April of 2019 a total of fourteen Ludlow seniors took the exam, in order to be eligible to take the test these students have been studying a foreign language for over five years.

Hannah *Albright*

"Remember playing Mario Kart and thinking you were in first place until you realized you were looking at the wrong screen and crashing into walls? That's high school ."
Unknown

Jillian *Allair*

Nathan *Almeida*

"UwU."
Taylay Hoban

Hailie *Alvarenga*

"Bless your heart."
Hailie Alvarenga

Arthur *Alves*

"If you are reading this it's a miracle that I'm graduating."
Arthur Alves

Christianna *Alves*

"You are braver than you believe, stronger than you seem, and smarter than you think."
A.A. Milne

Mr. Nice Guy

"I try to think about the people who care about me, my parents, my friends, my family... I try to remember that life goes on and there will be a bright spot in your life."
John Rumplik

John is always known to be in a good mood and tries to make everyone smile everyday. His outstanding energy and positivity impacts students and staff at LHS in a major way.

Thomas *Alves*

"Has anyone seen my chicken."
Thomas Alves

Filipe *Americano*

Daira *Anderson*

"If you don't like something, change it. If you can't change it, change your attitude."
Maya Angelou

Kaylin *Anderson*

"What lies behind us and what lies before us are small matters compared to what lies within us."
Ralph Waldo Emerson

Hannah *Arsenault*

"Strength and growth come only through continuous effort and struggle."
Hannah Arsenault

Saliha *Bayrak*

"For the last time - yes I'm blonde, and no, I still don't have waves under my durag."
Saliha Bayrak

Jillian *Beaulieu*

"I stopped caring a long time ago."
Creed Bratton

PUTTING YOUR BEST FOOT FORWARD.

During the foot drawing portion of the winter pep rally, Amaka Agozino helps Abigail Casagrande paint her amazing lion. Amaka said, "it was a really interesting challenge, but it was also really fun to compete against the other teams".

Brandon *Bedore*

"The best revenge is to live on and prove yourself."
Eddie Vedder

Molly *Begin*

"Molly, what class should you be in?"
All LHS Staff

Anna *Belculfine*

"I don't know whats worse, the lack of sleep I got in high school or the amount of coffee I consumed."
Anna Belculfine

Ryan *Belden*

Alycia *Benjamin*

Juliana *Berthiaume-Denette*

Julianna *Beyer*

Caleigh *Bingham*

"When I say I miss school, I mean my friends and the fun. Not the school."
Unknown

With a friendship lasting seven years so far, in eighth grade Emily Rua and Joshua True became part of the Cosplay Community. Their inspiration sprouted from their older friend group who had introduced them to the subject. Together they enter contests and travel to conventions to show off their unique talents. One major event that they were apart of was the Unify Against Bullying fashion show in 2018. At this event they showcased their Cosplay skills and took a stand against bullying. With wise words from Josh he claims "Just go for it, even when you're starting out rough, keep going, we all have to start somewhere."

Camden *Blackburn*

Jade *Blake*

"Don't wait. The time will never be just right."
Napoleon Hill

Tyler *Bourbeau*

Just Keep Singing. "Nothing really inspired me to start singing but my mom says I have been singing since before I could talk." Jenna's parents introduced her to music classes at a young age and has preformed in talent shows. "I auditioned for American Idol and perform at restaurants and venues now". She would rather be a singer than anything else.

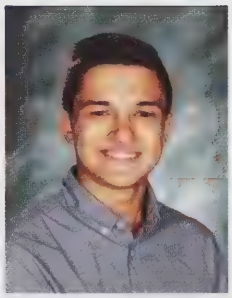
Ashlee *Bourcier*

"I'm the one with two e's."
Ashlee Bourcier

Arianna *Bourgeois*

"There are no shortcuts to any place worth going."
Beverly Sills

Justin *Branco*



"Success is stumbling from failure to failure with no loss of enthusiasm."
Winston Churchill

Noah *Branconnier*

Elizabeth *Burgess*

"I am seeking. I am striving. I am in it with all my heart."
Vincent Van Gogh

Allison *Brissette*

"Do it for the people who would love to see you fail."
Anonymous

Samantha *Calvao*

"I understand that you don't like me, but I need you to understand that I don't care."
Kanye West

Taylor *Cardinal*

Kevin *Carlson*

"I can't hear you they don't fall out."
Anonymous

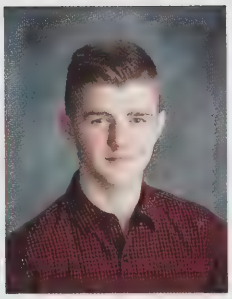
Luke *Casagranda*

"The inner machinations of my mind are an enigma."
Patrick Star

Abigail *Casagrande*

"KAME HAME HAAAAAA!!!."
Son Goku (Kakarot)

Ryan *Cave*



"You miss 100% of the shots you don't take. -Wayne Gretzky."
Micheal Scott

Savanna *Charow*

"Dumb blonde... wait, are you talking about me?."
Savanna Charow

Grace *Chattrand*

"Man, time really flies when you take two naps a day."
Eric Forman

IN FOCUS

Saliha Bayrak talks with us about her affinity for photography

Saliha Bayrak's first time picking up a camera was in 5th grade and ever since then she has been indulged in the photography life. She loves to capture real people naturally and not artificially posed. Her style is "golden people golden photos". Saliha tells upcoming photographers to "not be afraid to start, the best way is to keep going, everyone starts somewhere." Find more of her pictures on instagram @bayrakphoto

Emma Chevalier

"A pinch of soul, with a whole lot of sass a sprinkle of naughty and just enough class. The strength of a warrior and a go-to-hell glare, a past thats not perfect because life isn´t fair. A sailors mouth with a heart full of love, that´s what I am made of.."
Unknown

Catherine Chmura

"I'm the bee's knees, if you know, you know."
Catherine Chmura

Gianna Cirillo

"A dream doesn´t become reality through magic; it takes sweat, determination and hard work."
Gianna Cirillo

Shauna Conroy

"Courage has many different aspects, the kindness you show to others as well as the kindness you show to yourself."
Shauna Conroy

Audrianna Cope

"Don´t cry because it´s over, smile because it happened."
Dr. Seuss

Keyana Cope

Anthony Costa

Casey Crowther

"The grass is greener where you water it."
Neil Barringham

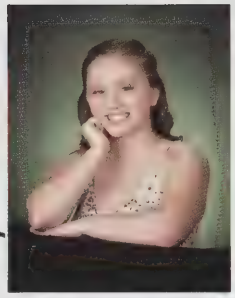
Spencer *Cuttin*

Adam *DaCruz*

"Where´s my four loco friend's?"
Adam DaCruz

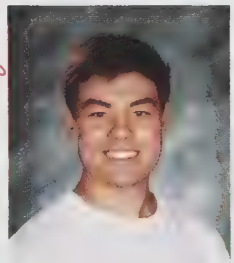
ANONYMOUS. We interviewed several upperclassmen who said they vaped. Two of them said "[They] couldn't quit if they wanted to". They both also said they were "influenced by friends", also adding that "Its addictive and expensive".

Kayla *DeCaro*

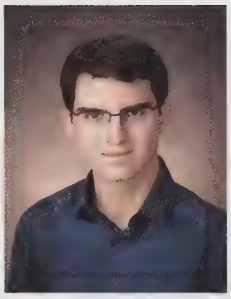


"ha ha ha ha ha."
Kayla DeCaro

Niccolo *Destefano*



Justin *Dias*



"Yeah, but what if it could be better?"
Justin Dias

Manuel *Dos Reis*

Hailey *Dowling*

"Keep the dream alive."
insert fist bump
Kevin Kudla

Brandon Bedore received his first camera at the age of seven. Since then, he has been absorbed into the photography and video editing world. Bedore's favorite images to capture would be fast paced cars and the nature around him. One key tip from Brandon for beginners would be "Don't stage your photos, capture life as it is in that moment."
Brandon Bedore, 2019

Kieran *Dowling*

"Life is a journey that must be traveled no matter how bad the roads and accommodations."
Oliver Goldsmith

Marissa *Dulude*

Zachary *Dunn*

"Cheaters are losers; don't date them."
Marty Fanning

The American youth has been struck by a wave of nicotine addiction. However, these teens aren't smoking cigarettes anymore; they have began to shift to vaping. The most popular vape being the Juul. Ludlow High School has become littered with empty Juul Pods and cloudy bathrooms. The school has been taking extreme measures to suppress the use of vapes in the school. They have also gone the extent to hire a full time bathroom monitor to curb vaping. Featured above are several vaping products confiscared by administration over the past year.

Peyton *Dzierwinski*

Patrick *Eagen*

"I love you from here to Georgia."
Unknown

Caitlyn *Emizian*

"Fall in love with the process of becoming the very best version of yourself."

Olivia *Esempio*

"You know, Ive realized I'm probably just perfect and it´s everyone else around me that´s got issues."
Scott Disick

Isabella *Eskett*

"I am shocked and appalled that guessing at random has not yielded better results."
Light Field, Zero Escape

Brian *Fernandes*

"Oh, East? I thought you said Weast."
Patrick Star

Rafaela *Fernandes*

"Sometimes you will never know the value of a moment until it becomes a memory."
Dr.Seuss

Bryanna *Ferreira*

"I gotta pee... again"

Catarina *Ferreira*

"A good run is like a cup of coffee...I'm much nicer after I've had one."

Michael *Ferreira*

"Success is not final, failure is not fatal: it is the courage to continue that counts."
Winston Churchill

Jacob *Ferris*

"Everyone has always told me cheaters never win. starting to find that weird because im about graduate."
My senior year

Travis *Field*

"I want computer please."
Travis Field

Angelina *Flores*

Nicholas *Fortin*

"After getting a test back, 'I don't understand your definition of good news.'"
Castiel

Ariana *Freitas*

"Some people are like clouds, when they disappear it´s a beautiful day."

Joel *Freitas*

"Live your life so well that people quote you."
Joel Freitas

Sophia *Furlani*

"Always take the shot."
Mr. Jefferson, Life is Strange

Kathleen *Gallagher*

"I'm not really angry- it's just my face."
Me

David *Gamache*

"ctrl + c."

Jack *Gamache*

"ctrl + v."

Jeremy *Garcia*

"Don't change to fit in."

Savannah *Gay*

Benjamin *Giannetti*

Madison *Giebner*

"Don't judge me, I was born to be awesome not perfect."

Marisa *Gil*

Jensen *Giroux*

"This is the start of something beautiful."
Ed Sheeran

Senioritis at its Finest.
"I procrastinate pretty bad. Just don't do it at all. Throw the homework out the window and pretend it never happened."
Thomas Alves, 2019

Gabrielle *Godbout*

"Sorry I'm late, I was crying."
Gabrielle Godbout

Danielle *Goncalves*

"Wait...what?."
Danielle Goncalves

Daunte *Goncalves*

Nicholas *Goncalves*

"Yo, chill."

Sadie *Goncalves*

"I was never happy. I was just less ticked off."
Steven Hyde, That 70's Show

Samantha *Goncalves*

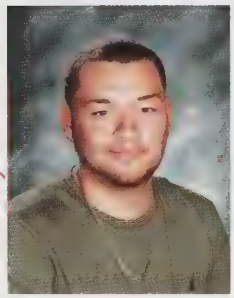
"I'm gonna go stand outside. If anyone asks, I'm outstanding."

Tea *Goncalves*

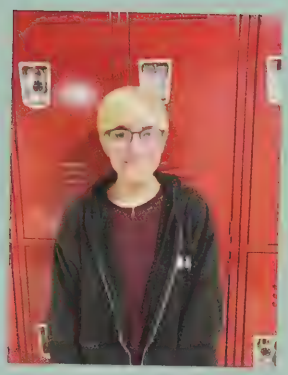
"I am running away from my responsibilities. And it feels good."
Michael Scott

Piotr *Gorzynski*

Devin *Gosselin*



"I don't enter tournaments just to show up."
Rory McIlroy



Senioritis at its Finest.
"To try and avoid procrastination I try and give myself incentives, and if I do all the work I can relax and not really have to worry about all the other things I have to do to graduate.

Nicholas *Gregoire*

"Speed...has always been my problem."
Barry Allen

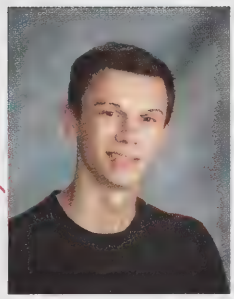
Robert *Gregory*

"No dad, I am not an attack helicopter."

Zachary *Grimaldi*

"Remember when life gets Rough its 1 Down Rest up....Brrrrraaaapp."
NORTHBREED

Evan *Grimes*



"You don't need a license to drive a sandwich."
Spongebob

Zachary *Grimes*

"Fool me once strike one, fool me twice strike three."
Michael Scott

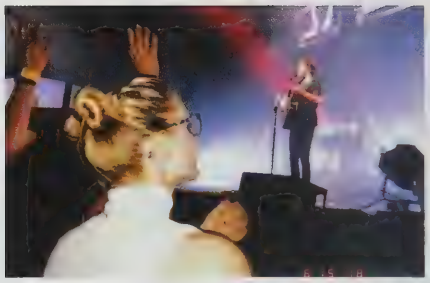
Maya *Grywalski*

"I hope my future is stronger than both my knees."

Jacob *Guyon*

"Mrs. Fernandes is my mom."

Michael *Hastings*

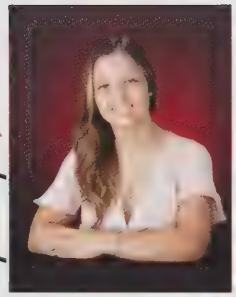


Running Down to the Riptide! Jenna Thompson shares that her favorite concert was "Vance Joy", because his artistry and stage presence is "inspiring". *Pictured Above*

Emily *Hayes*

"The greatest threat to our planet is the belief that someone else will save it."
Robert Swan

Sydney *Howard*



Frank *Hunter*

Arda *Ibas*

"We do have a lot in common. The same air, the same Earth, the same sky. Maybe if we started looking at what's the same instead of always looking at what's different....well, who knows? "
Meowth

Husamettin *Ibas*

"Forget about style: worry about results."
Bobby Orr

Ibrahim *Ibas*

"If we go down, we go down fighting."
Brad Marchand

Dominic *Jessup*

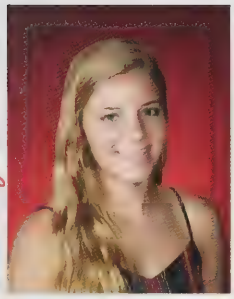
"Success is no accident"
Anonymous

Ryan *Johnson*

"Nobody motivated me as much as my mom. I never realized how quick I wanted out of that house."
Ryan Johnson

Shelden *Johnson-Lewis*

Mary *Jordan*

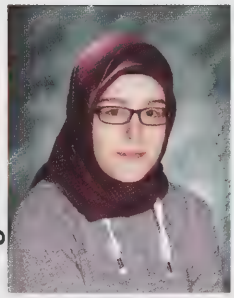


"Literally anyone:
exists

Me: ok me."

Mary Jordan

Tugba *Kahveci*

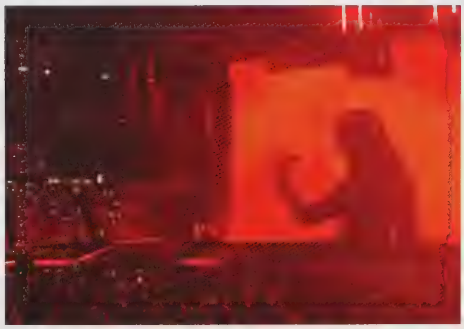


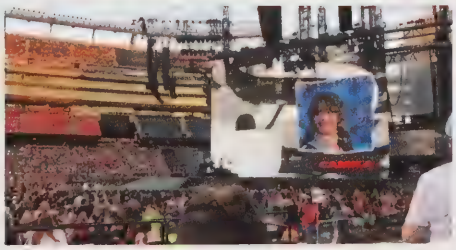
"The G in my name is silent, because real G's move in silence."
Saliha Bayrak

Loraine *Kaita*

CONCERTS!

Concerts are a place where anyone and everyone go to have a good time and enjoy their favorite artist(s). They create a safe environment where people can be themselves and take in the moment their in. Seniors specifically have enjoyed many concerts and some were willing to share. Ashley Navarro calls back on "Florida Georgia Line" being her favorite concert because it "gave her memories that [she] can still remember". All in all, concerts are a good experience that inspires many.





Nicholas *Kalesnik*

Jenk *Kan*

Esra *Karaarslan*

Irem *Karaarslan*

Owen *Kelliher*

"I'm not superstitious, but I am a little stitious."
Michael Scott

Cameron *King*

"They told me this was due today ..."
Myself

Christian *Kopec*

"I used to be jealous of Harry Potter because he could talk to snakes; turns out I've been doing it for years."
Anonymous

Ipek *Kuruca*

Alexandra *Kuznetsova*

Natalia *Lachut*

Garett *LaDuke*

"I'm not actually funny, I'm just mean and people think I'm joking."
Anonymous

SHOW GOES ON.
Caitlin Plourde says her best memory was "the little moments leading up to senior show. the rehearsals, coffee and food runs, and the late night jam sessions with friends on the way home from the school after being there for 12 hours"

Xavier *Lamas*

"Hol' up. Lemme get it stahted!"
Tekashi 6ix 9ine

Ryan *Lancaster*

Christopher *Langlitz*

"The past can hurt, but the way I see it you can either run from it or learn from it."
Rafiki

Destiny *Lavallee*

John *Liberti*

Emily *Lima*

"Well, well, well, how the turntables..."
Michael Scott

RAGING IN RED. Xavier Lamas and Zachary Grimes displaying their extra enthusiasm for the 2018-2019 Winter Spirit Week. *Pictured Above*

Christian *MacKenzie*

"Just because you're trash doesn't mean you can't do great things. It's a garbage can, not a garbage can't."
Anonymous

Brennan *Madru*

"Can I go to the bathroom?"
Myself

Jaden *Malaquias*

Sofia *Manuel*

Ashley *Marini*

"They say nothings impossible but I've done nothing the past four years."
Myself

Fantasia *Marques*

"We keep moving forward, opening new doors and doing new things, because we're curious, and curiosity keeps leading us down new paths."
Walt Disney

Malena *Marrow*

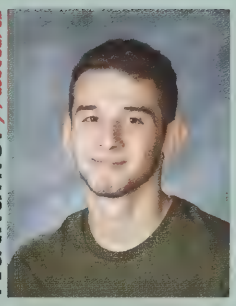
"A person who never made a mistake, never tried anything new."
Albert Einstein

Kaylee *Martin*

Kayla *Martins*

"Can I use the bathroom?"
Myself

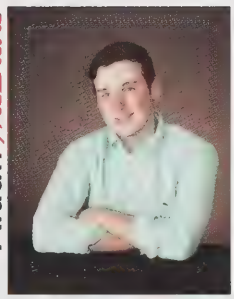
Nathaniel *Martins*



"I bet y'all didn't see this day coming."
Myself

Debra *Mattoon*

Aidan *McBride*



"I don't want to be a product of my environment. I want my environment to be a product of me."
Frank Costello

POWDER PUFF MADNESS!

UNICORN SIGHTING. Nicholas Gregoire masqueraded himself as 2019's mascot for the spirit week event of Powder Puff game. *Captured on the left.*

Jared *McCarthy*

Nicole *McCarthy*

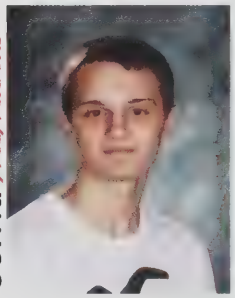
"Life is too short to spend it with people who annoy you ."
Red Forman

IN THE LIMELIGHT. Casey Crowther performed "Feeling Good" by Nina Simone during the "Senior Night Live" and the audience really enjoyed the skit.

Meaghan *McGuinness*

"Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it."
Ziad K Abdelnour

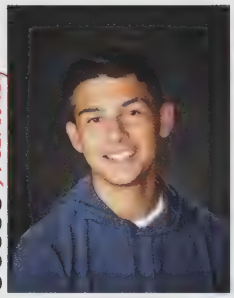
Jerrid *McManus*



Michael *Medina*

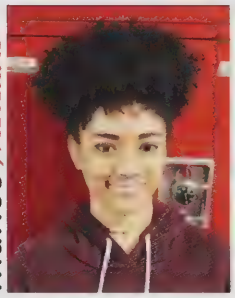
"We out here."
Jacob Guyon

Jesse *Mendez*



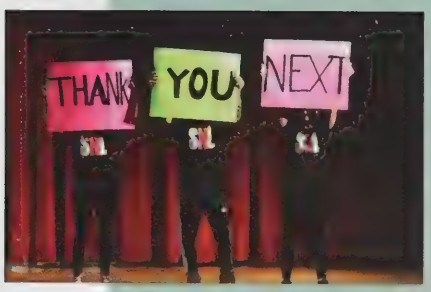
"My goal was to graduate with my two front teeth. Thanks Cole."
Myself

Maries *Mercado*



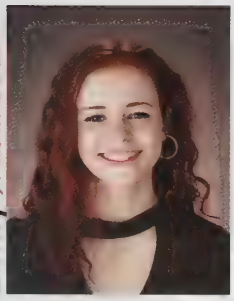
Haley *Meunier*

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel ."
Anonymous



THANK U, NEXT. During Senior Show the class of 2019 got to create posters and show them off to the audience at both shows. *Captured Above.*

Emily *Midwood*



"If you cannot find the sunshine, be the sunshine."
Unknown

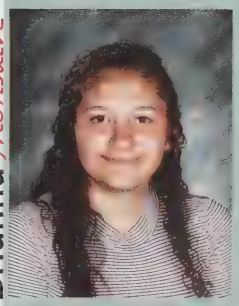
Colm *Miller*

"There can be only one."
Connor MacLeod

Abigail *Mongeon*

"Be here now. Be in the moment. The now is the greatest moment of our lives and it just keeps getting better."
Kanye West

Brianna *Monsalve*



"Ludlow High School: 10/10 would not recommend ."
Colombianqt 123(;

Kylie *Montemagni*

"The only time I set the bar low is for limbo."
Michael Scott

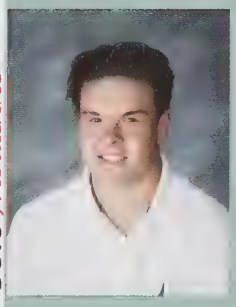
Max *Morel*

"You never know the true value of a moment until it becomes a memory."
Spongebob Squarepants

Andrew *Morris*

"Blessed are the Peacemakers: for they shall be called the children of God."
Matthew 5:9

Cole *Moutinho*



"Look at me. LOOK AT ME! I am the captain now."
Abduwali Muse

Emily *Mullin*

"My vibe is more like, 'hey, you could pour soup in my lap and I'll probably apologize to you' ."
John Mulaney

Bridget *Murphy*

"Wait. What is going on?"
Bridget Murphy

Ashley *Navarro*

"What is meant for you will always find its way."
Unknown

Paige *Nemeth*

"In every job that must be done, there is an element of fun."
Mary Poppins

Philip *Nguyen*

"Everybody has a dream, but not everybody has a grind.."
Eric Thomas

Moira *O'Sullivan*

"One can not be defined by a single quote in a high school yearbook."
Myself

Ariana *Ortiz*

"You never know if the road works ahead, but uh yea, I sure hope it does."
R.I.P. Vine

Darren *Peabody*

" If nothing matters, everything matters."
Myself

Patrick *Pecak*

"Fool me once, strike one. But fool me twice, ... Strike three."
Michael Scott

Samuel *Pepin*

"Do what you gotta do so you can do what you want to do."
Roman Atwood

Harmony *Picard*

"If it is both terrifying and amazing, then you should definitely pursue it."
Evada

Caitlin *Plourde*

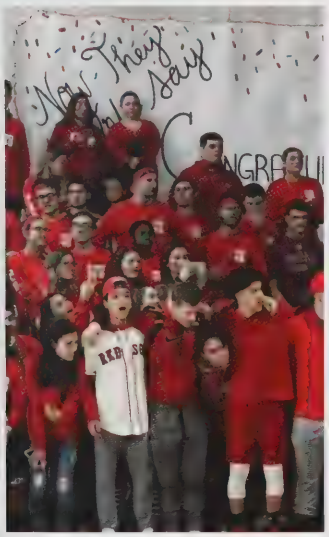
"This is the beginning of anything you want."
Unknown

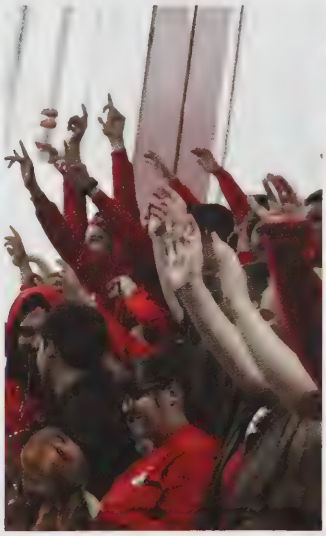
Arthur *Popov*

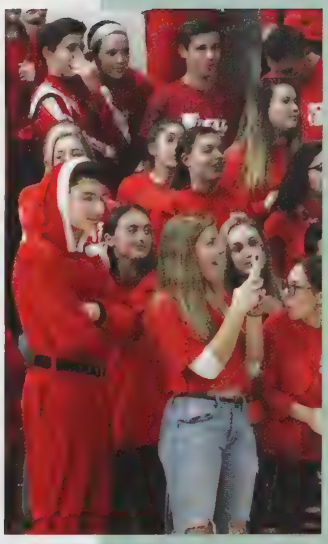
Ethan *Provost*

"I knew exactly what to do. But in a much more real sense, I had no idea what to do."
Michael Scott

SENIOR SPIRIT!



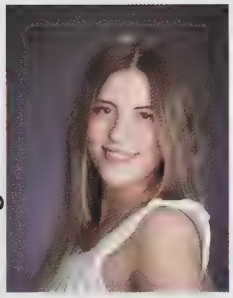




Bryan *Purdy*

"Would I rather be feared or loved? Easy. Both. I want people to be afraid of how much they love me."
Michael Scott

Kerrigan *Rae*



"You know, I've realized that I'm probably just perfect and its everybody else around me that's got issues-."
Scott Disick

Lead the Way.
I think I have always considered myself a leader since freshman year when I ran for president and didn't get it then. I have always liked helping out the class and I always want to makes sure everyone enjoys high school because everyone needs.

David *Rivera*

"Last name ever, first name greatest."
Drake

Matthew *Roda*

"This was due yesterday... but whatever."
Myself

Makayla *Rodriguez*

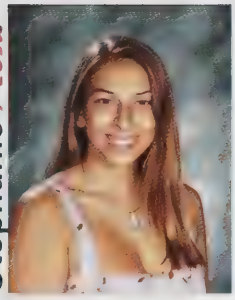
Angela *Rodriguez-Hudyka*

Kathleen *Rooney*

"If tomorrow isn't the due date, today isn't the do date."
Myself

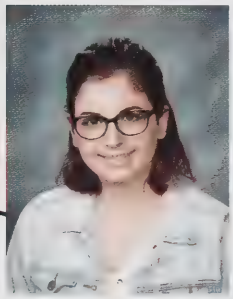
Nolan *Rosa*

Stephanie *Rosa*



"I want to go home."
Myself

Emily *Rua*



"You've got to make a statement, you've got to look inside yourself and say: what am I willing to put up with today?."
Arin Hanson, Game Grumps

Jonathan *Rumplik*

"I'm good you know why... cause I'm talking to you!"
Johnathan Rumplik

Friendship. Brianna Walas is known throughout her grade as someone who is kind to all. Her friendliness was inspired by how others are nice to her and that "being nice to people makes life better." Brianna has been in best buddies since freshman year and has made so many positive impacts on peoples lives.

McKenna *Ryczek*

"The more I learn about people, the more I like my dog."
Mark Twain

Shayba *Safi*

"With our religions combined I believe that... I graduate..."
Myself

Lauren *Saloio*

"People say 'Nothing is Impossible', but I do nothing every day ."
Winnie the Pooh

Elizabeth *Salvas*

"Accept what is, let go of what was, and have faith in what will be."
Unknown

Andrew *Santos*

"No one over while while we are away."
Joe and Karen (If you know you know).

Meghan *Seligman*

"And if you really want to see what people are, all you have to do is look."
Auggie from Wonder

Steven *Senetchia*

DEUCES. Senior Molly Begin arrived to the Winter Spirit Week Rally in style and came to show the underclassmen what's good.

Benjamin *Shaw*

"You guys smell something... because I sure don't."
Myself

Kayden *Singleton*

Dakota *Smith*

"If you want it you gotta see it with a clear eye view."
Meek Mill

Kermit *Sotomayor*

Kaitlyn *Stephenson*

Alexa *Sullivan*

"I'm doing this last minute too!"
Myself

Abigail *Sweeney*

"Go the extra mile. It's never crowded."
Unknown

Jaiden *Swiatlowski*

Mary *Tessier*

"I never though I'd get this far."
Sheldon J Plankton

Stariya *Teles*

"I'm glad my hairs not straight because neither am I."
Myself

Korey *Therrien*

Jenna *Thompson*

"If we wait until we're ready, we'll be waiting for the rest of our lives."
Lemony Snicket

Justen *Torres*

"True Gangsta never dies."
Unknown

Colette *Trembley*

"Lämp."
Moth

TALK ABOUT TALENT! During the senior show, seniors Hailey Dowling and Jenna Thompson got to perform and show off their undeniable talent. *Shown above and on the right page*

Alexis *Trikas*

"Thank u, next."
Ariana Grande

Joshua *True*

"You can't open up the life to page 738 and think you know me."
Arin Hanson

Jason *Tunis*

Ryan *Van Wart*

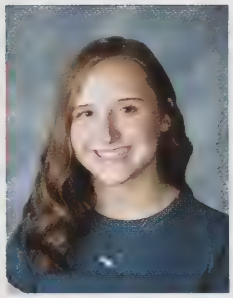
"I thought it was an asthmatic device."
Coach Mags

Zachary *Vautrain*

McKenna *Vincelette*

Connor *Wadsworth*

Brianna *Walas*



"There are no 'happy' endings, endings are the saddest part. So just give me a happy middle, and a very happy start."
Shel Silverstein

Wesley *Wohlers*

"This is why you people don't like math."
Mr.Phelon

Burak *Yanbul*

"NO, IT'S NOT SPELLED LIKE OBAMA!"
Myself

Michael *Young*

"I'll turn your depressed day into your best day."
Myself

THE SENIOR SUPERLATIVES

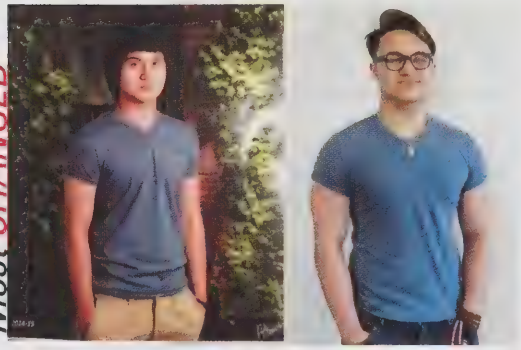
Class ARTISTS

Kaylin Anderson and Chris Langlitz

Class CLOWN

Mike Medina

Most CHANGED



Phil Nguyen

Most SPIRITED

Tea Goncalves

Class INSEPERABLES

Jack and David Gamache

Most WANTED by ADMIN.

Arthur Alves and Taylor Cardinal

Standout STYLE

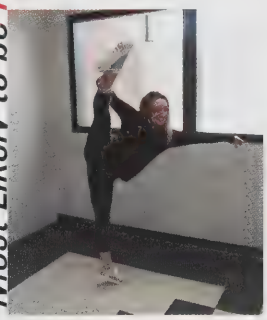
Mary Jordan and Molly Begin

THE SENIOR SUPERLATIVES

Worst DRIVERS

Jaden Malaquias and Kaitlyn Stephenson

Most Likely to be FAMOUS



Hailey Dowling and Jenna Thompson

Gossip KINGS

Jesse Mendez and Christian Kopec

Most EXTRA

Christian Kopec

Everyone's BEST FRIEND

Jonathan Rumplik

Class MUSICANS

Joshua True and Jenna Thompson

SENIOR NIGHT LIVE!

Highlights of Senior Night Live!

"The best part about senior show is that all of us grew closer as a class and as crazy as it sounds I would do it all over again."

ANNA BELCULFINE, 2019

"Out of all the great things that happened in Senior Show the best part was getting to know our class as a whole better and really interacting with people outside our friend groups."

HARMONY PICARD, 2019

"My favorite part would be the rehearsals leading up to the show and when everyone was in the cafeteria waiting to go do their skits."

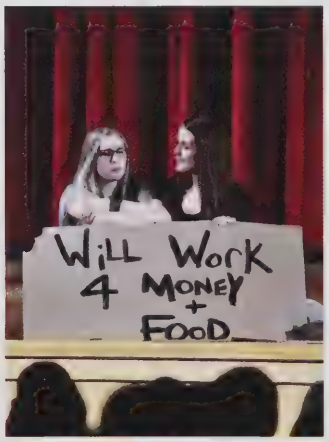
DAVID GAMACHE, 2019

The 2019 senior show, "Senior Night Live", had a very successful and iconic debut performance. Friday night was a sold out to the max night. The auditorium was overfilled and people were lined up against the walls. Overall, the senior show made a positive and major impact on more than just the seniors.

The seniors determination and hard work had come together and prevailed.

Both shows had become emotional state of shocks for everyone. Multiple songs like "Piano Man", "Back Home" and "Do You Remember" had given seniors a memory of nostalgia and ending a chapter in life. It seems as if the final memories in senior year overwhelmed the graduating class of 2019 with joy, anxiety and completion. Senior show became more than entertaining, it turned into an everlasting feeling. *h. jones*

DANCING WITH THE SENIORS. Emma Chevalier performed to a passionate dance of contemporary to "Old Days" by Ingrid Michaelson. *h. jones*



YOUNG, DUMB & BROKE. Jenna Thompson and Harmony Picard acted out their skit which was abput the aftermath of high school. *photo: h. jones*

MC'S. Darren Peabody and Marisa Gil were the announcers and kept the audience allured and entertained for the first half of the show. *photo: h. jones*

"I'D LIKE TO MAKE AN OFFER". Ethan Provost. Max Morel, Xavier Lamas, and Nicholas Goncalves portrayed as the judges and entrepreneurs of 'Shark Tank'. Multiple "life changing" products were presented to the successful business men. *pictured left.*

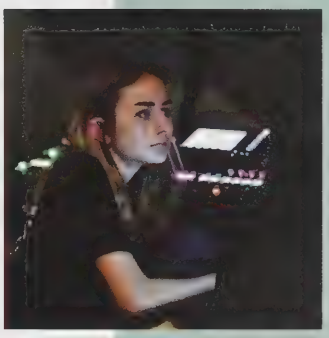
FAMILY FEUD! The seniors created a skit with the game show of 'Family Feud', and had three different families; the Americans, Turkish and Portuguese. *seen below*

PUTTING IN HARD WORK. More than twenty of the senior boys enacted their synchronized dance that was filled with comedy, plungers and construction gear. *photo: h. jones*

MORE THAN MEETS THE EYE

LIGHTS! CAMERA! ACTION! Emily Mullin and Andrew Morris were behind the scenes controlling the sound, lighting and audio for the senior show along with a few other people. *photo: h. jones*

GRADUATION RULES. During this senior skit multiple seniors poke fun at the comical rules for the graduation ceremony. *photo: h. jones*



FIRST LADY. Catarina Ferreira impersonated as Michelle Obama during a 2020 presidental election parody against Oprah, Trump and other elite celebrities. *photo: h. jones*

My favorite was...

"My favorite teacher is Mr. Phelon because he always makes me laugh especially the time when Elma Kolenovic tripped on a desk."

JULIANNA JOHNSON, 2020

"My favorite teacher is Cangemi because he is really good at teaching English and helps me understand everything."

SIERRA RODRIGUES, 2020

"My favorite teacher is Mrs. K, for yearbook because she is very easy to work with and she is willing to help me out whenever I need it."

MARISA MENTEKIDIS, 2020

VI2ION

Spirit week brings students together to take part in a friendly competition between the classes.

Although juniors didn't win powder puff this year they still put on a good fight with the seniors.

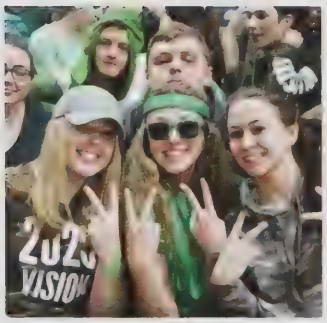
Throughout each spirit week Juniors continued to stay in either 1st or 2nd place. One anonymous students states that they hope "more of our class with participate in powder puff and dressing up for each day next year".

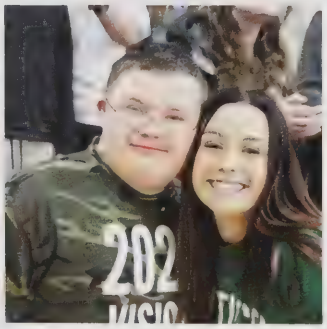
One student with a lot of spirit was Miranda Balbino. Miranda dressed up each day and did everything she could to get other kids to participate by bringing in beads and handing them out.

CHEESE! Juniors pose for their photo for class color day. *Main Photo*

GAME ON! Juniors Alexa Palazzi, Marisa Mentekidis, Carlie Smith, Gabrielle Walczak, and Fiona Cambell stand on the sidelines waiting to play in the powderpuff game. *Left Page, Bottom Left Picture*

ATTENTION! Jocelyn Trajkovski is trying to hype up the junior class and get them ready for a chant. *Right page, Bottom row middle picture.*





"Despite being a challenging academic year, the Juniors have accomplished so much. We even planned the 2019 Prom, and senior farewell! Responsibilities like these and the thought of graduation in the upcoming year made us grow: not just as a class, but as supportive, connected, and passionate individuals. I couldn't be more proud to be President of such a great class this year."

Sara Maria

What types of art do you like working with best?

"My favorite types of art to work with is oil pastels and charcoal". *Karoline Robak top left*

"I really enjoy doing film making ". *James Elliott Top Right*

"My favorite type of art to work with has to be ceramics" *Maegan Santos Bottom Left*

"I love painting and drawing" *Jenna Johnson Bottom right*

A PERMANENT PLACE

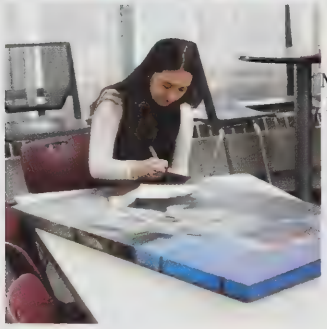


PHOTO MASTERY

When the Class of 1967 wanted to give a gift honoring their longtime mentor and teacher Jerry Linehan, they wanted something that would last forever. They asked that the yearbook staff and photography classes take artistic photos around the campus that would encompass learning here at LHS. Alexa Carner took one of the photos chosen by the Class to reside permanently in the library. e. *photo: h. jones*

Gizzelle Ashley Abanador
Stephanie Afonso
Karalynn Aguilar
Jillian Allair
Natalie Alves

Jessica Americano
Angel Andino-Galarza
Michael Bacon
Kacey Bailey
Genivieve Bailey-Hanson

Miranda Balbino
Dominic Barroso
Tyler Barroso
Ryan Beebe
Brian Beem

Tyler Begin
Julianna Beyer
Sebastian Biegaj
Daniel Binette
Berkant Boluk

Mathieu Borowski
Alexis Bragga
Ryley Breault
Noah Cabral
Lara Cadete

Fiona Campbell
Alexa Carner
Bianca Carrington
Morgan Cavanaugh
Mackenzie Charest

Coty Coffey
Aidan Collins
John Collins
Keyana Cope
Jacob Costa

Matthew Cruz
Dakota Cust
Christian Dacruz
Joshua Dagenais
Daniel Dantas

Aaliyah David
Kayley Davis
Alexis Dawson
Kobe Dias

Olivia Dinis
Imani Doyle
Justin Dutton
Joshua Dynak

Baylee Edwards
James Elliott
Olivia Fernandes
Darrian Ferreira

Jasmine Ferreira
Allison Fiorentino
Logan Flagg
Anthony Fortune

Emily Ganhao
Brooke Gates
Kiley Gaughan
Kathryn Germain

Sophia Giza
Jaiden Giza-Bilodeau
Kyle Goncalves
Tyler Goncalves

Rachel Goodrow
Sierra Gosselin
Katelyn Gover
Donald Gregory

Nicholas Grossi
Autumn Haggerty
Aliyah Haigler
Rebecca Hall

What stresses you out about being a junior?

"What stresses you out about being a junior?" Junior year is full of stressful things, not all academic.

"SATs, ten page paper, math class, english class, spanish class, history class, everything."

Taryn Miller, 2020

"The ten page papers that we have to write for school."

Kobe Dias, 2020

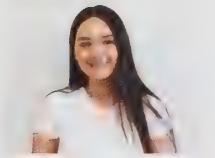
"The ten page paper and crashing cars."

Olivia Henry, 2020

"Taking the SATs, getting a job, balancing job and school work and looking for colleges."

Sidney Kornacki, 2020

"When Mr.Walsh assigns a quiz or test two days after teaching us.

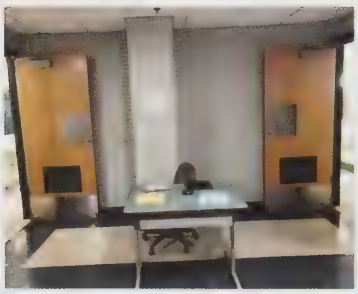


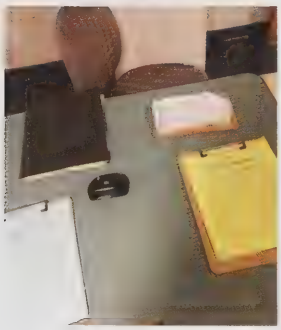
Alexa Carner, 2020

"Closing the bathrooms is just another struggle added to my day. I don't wanna have to walk through the whole school to get to the only bathroom that's open."
KIMBERLY SANTOS, 2020

"I never use the school bathrooms so it never affected me."
KATELYN GOVER, 2020

LOCK DOWN, LOCKED OUT





THE **STRUGGLE** IS REAL

STRUGGLING. After almost a year of full,loud and smoky bathrooms, members of faculty decide to start closing down bathrooms. Because of the non stop juuling and use of other vaping products, only one bathroom in the entire school is open for use. But this does not stop students from doing what they want. As a result the head faculty hired someone to keep watch of the one bathroom available. They added two sign in sheets, one for females and the other for males, and are also allowed to use the bathrooms at specific time. Now, students who use the bathroom have to be known and kept track of.This all caused people to spend less time in the bathroom, not want to use it, and sometimes be late to classes.

Brielle Hamel
Aaron Harris
Ashley Haryasz
Olivia Henry

Emilie Hoffmann
Nathaniel Homans
Loren Horton
Meghan Huber

Theresa Hurteau
Johnny Jaworski
Amanda Jefferson
Jenna Johnson

Julianna Johnson
Jennifer Kania
Daniel Karczynski
Elma Kolenovic

Sidney Kornacki
Carson Kowalski
Jacob Koziol

Brendan Lafleur
Yvette Lauzon
Olivia Leiper
Amanda Lindsey

Abigail Magee
Hannah Makuch
Ryan Malaquias
Emilio Mancuso

Sara Maria
Andre Martins
Chantz Mc Lean
Grace McCarthy

Marah McDonnell
Kayla McKay
Rhettsmey Meak
Marisa Mentekidis

Peter Mentekidis
Taryn Miller
Alyssa Moore
Michael Morgado

Alexandria Morris
Ryan Moylan
Kassandra Muise
Mackenzie O`Donnell

Mari O`Shea
Ivan Ouimette
Jaiden Oyague
Alexa Palazzi

Jonah Park
Jessica Parker
Madison Peacey
Connor Peters

Nicholas Placzek
Amanda Poirier
Julia Potorski
Jacob Pouliot

Mattingly Provost
Anthony Quiterio
Bryanna Reynolds
Gregory Ricardi

Michael Riley
Karoline Robak
Hannah Robinovitz
Hunter Rock

ASCEND
Becoming a senior

With junior year wrapping up, the class of 2020 is starting to prepare for there senior year. Between trying to keep up gpa's and looking for colleges, junior year is filled with many stressful situations.

Junior Kayla McKay says, "highschool flew by really fast which means that the real world is next. Also with senior year, college is a big aspect because furthering my education is important to me.But overall I am prepared because I am ready to move on from high school and take the next step." Many juniors have been anxiously waiting to leave. Junior Alyssa Moore states, "I'm really excited to be a senior because it is the last year of high school. I'm ready for senior nights because the teams I played on always had memorable times together." In agreement, Szymon Tylec says," I personally believe that becoming a senior is a sad and a accomplished time. As you look back at all the time that has passed by ever since you started school, and seeing all the new friends you gained and lost over the years, seeing how people have changed knowing how they were in the past really shows you how much time has passed by. But overall I think that senior year should be the best year as its your last year left so you really have to make it count." Together, the class of 2020 is ready to see what senior year has in store for them.

"It seems like time flew by but I am excited for senior year and to see what life has in store for me." *Stephanie Afonso 2020*

"It's really exciting, but it's also crazy that it's only a matter of time before we graduate." *Rebecca Wehner 2020*

CLASS OF THE ROARING 20's. Every year it seems to show that the class of 2020 always puts up the best fight for school spirit week shown above with class pictures and candids of Rhettsmey Meak and Sidney Kornacki. *photo: h. jones*

GOING NOWHERE

When the class of 20´ discovered that there would be no field trip their junior year, many were distraught. One of the Juniors Theresa Heartu says "I hate that our field trip was canceled, I was looking forward to a day away from school and to spend time with my friends". Another Junior Lara Cadete says, "I think our class should have participated and stopped complaining". .

Sierra Rodrigues
Colin Russell
Caroline Saloio
Joshua Saloio

Matthew Saloio
Maliyah Sanchez
Kimberly Santos
Maegan Santos

Whitney Scott
Malik Serisser
Cameron Shute
Paige Simard

Amelia Smith
Carlie Smith
Joseph Snopek
Hailey Sousa

Tyler Sousa
Zachary Sousa
Luke St. Jacques
Tyler Sternowski

Nicholas Street
Cole Sunter
Brenna Sylvester
Juliann Szemela

Nicholas Teixeira
Stariya Teles
Humberto Terrinca
Matthew Tibbitts

Angela Tobiasz
Jocelyn Trajkovski
Michael Tuck
Szymon Tylec

Kaleb Valadares
Amelia Valadas
Jacob Vautrain
Anthony Vieira

Ryan Volker
Gabrielle Walczak
David Walsh
Nicole Walsh

Maureen Webber
Adam Wehner
Rebecca Wehner
Sedona Wikar

Nicholas Wilken
Rachael Wilson
Evan Wurszt
Jake Wyllie

Theodore Zwinski

"Junior year has been the most difficult year so far. Many of my classes have become more challenging and the assignments are graded harder."
Carlie Smith, 2020

"My grades have taught me that the value of hard work pays off."

Marisa Mentekidis, 2020

Lessons Learned

FOCUSED. Juniors Destiny Voisine, Connor Peters, Jacob Vautrain and Gizzelle Ashley Abanador focus on reading Into The Wild during American Literature.

DETERMINED. Junior Kaleb Valadares is determined to finish his reading and assignments.

"Honors bio with Mr. Lee is the best because he makes the class fun for us and I love the group discussions.

NICHOLE CRONIN, 2021

"My favorite subject is World Literature with Mrs. K because she makes everything so clear and understanding."

YVONNE BASTOS, 2021

"Ms Wright is my favorite teacher because for math she helps me learn concepts better and always helps me when I'm confused .

PEYTON HOSKING, 2021

2021

My favorite subject is Band because I enjoy playing instruments and preforming in front of everyone.

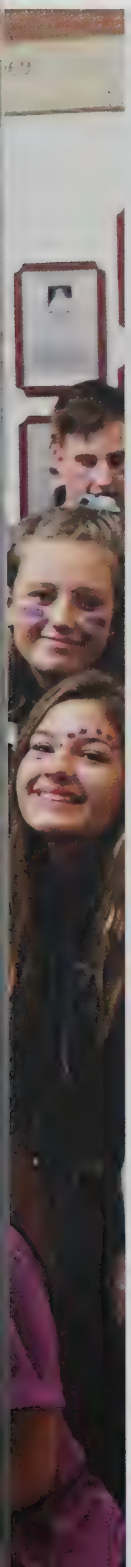
LANDON NORRIS , 2021

My favorite subject is chemistry because of Ms. Valentine and her amazing teaching skills.

CODY BLACKBURN, 2021

My favorite was....

Which teachers kept you riveted? What classes did you look forward to each day?



"I think the class of 2021 is a strong and unique class as a whole. As we progress throughout our high school career, we will build and become the best we can. Here at LHS, opportunity is presented to all to allow students to engage in challenging tasks to prepare for the real world, it is truly a gift."

Nolan Ayers

SWEATER WEATHER. Sophomores, Kacey Bailey, Noah Martins and David Keroack flaunt their class spirit for ugly sweater day, during the winter spirit week. *photo: h jones*

ALL FOR ONE & ONE FOR ALL! The class of 2021 prepares for winter pep rally to start by chanting against the other classes in hopes of proving their superior spirit. *photo: h. jones*

WINNERS. Sophomore girls take the floor during lip sync battle *top left*

SPIRIT! . Elizabeth Kopec and her friends hoping for a win during winter pep rally . *top right*

TEAM WORK. President Nolan Ayers and fellow classmate Juliet work together for upcoming event. *left side*

SOPHOMORE SPIRIT!

Jhulie Anne Kharen Abanador
Jhulie Gail Keziah Abanador
Jason Almeida
Kyle Almeida

Ethan Alves
Lizette Alves
Zachary Archambault
Kaylee Arsenault

Berk Atmaca
Brandon Authier
Nolan Ayers
Marissa Balbino

Lucas Balula
Jade Bamford
Katelyn Bastos
Yvonne Bastos

Alexander Bauch
Kilie Bazinet
Jamonte Beckett
Matthew Bedore

Jacob Belden
Chloe Benard
Alora Bertini
Cody Blackburn

Amber Blake
Jenna Branco
Julia Brillo
Connor Brown

Trinity Brueno
Genevieve Bucier
Jacob Burek
Jose Burgos

Andrew Caron
Jonas Carvalho
Patrick Casagrande
Wyatt Chambers

Brianna Charow
Alexis Charter
Emma Cheria
Sade` Coates

Katarina Codding
Kaycie Colberg
Leanne Connors
Justin Costa

Kyle Costa
Sara Costa
Emma Cote
Dillan Craven

Nichole Cronin
Karissa Cropanese
Aryanna Dailey
Lucas Dantas

Jacob Dias
Karina Dias
Nathan Dias
Sydney Dias

Colin Disanti
Joshua Disley
Shaun Dixon
Jessica Dobek

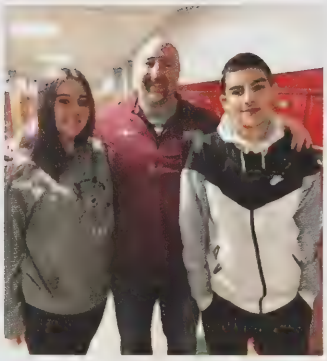
Jacqueline Doucette
Trevor Dowd
Jonathan Dubour
Logan Ducharme

MUCH IMPROVED

What do we reward here at LHS? Effort is such a big deal. Not every kid wakes up and gets an A. For some the struggle to overcome is worth more than any grade. We asked sophomore teachers to share with us some of their students who have gone through transformations. These students have truly ascended and really shown progress. Give credit where credit is due.

"Ariel's positive attitude and self assurance has led her to dramatic improvements in biology. She focuses in class, takes meticulous notes, and actively participates in class discussions. She has really blossomed in our class, taking risks and answers questions. She also is a great peer partner, who is willing to help others who might be uncomfortable with the material."

Mrs. Pighetti speaking about Ariel Vital



"Both Joshua and Nichole have shown tremendous academic growth and maturity. Although quiet students, Josh and Nichole have improved their writing skills. Their writing now demonstrates an impressive depth of understanding and creative insight. They see the value of staying focused and on task daily."

Mr. Kudla speaking about Josh Disley and Nichole Cronin

Jacob Dufour
Emily Dumas
Ardyn Dupuis
Brady Duquette

Cameron Echols
Damien Espino
Jaden Fairthorne
Morgan Faria

Katelyn Fernandes
Andrew Ferrara
Liliana Ferreira
Gabrielle Flebotte

Isabelle Flebotte
Christopher Fogg
Matthew Fontaine
Kyle Fontoura

Emma Forcum
Alexandra Formejster
Owen Fradette
Jolie Gaffron

Connor Garrity
Oliver Gavrilov
Makia Giza-Bilodeau
Gage Glanville

Jacob Glica
Bugra Gokcek
Ethan Goncalves
Kali Grimes

Ryann Grywalski
Joshua Gunn
Ryann Guthrie
Caleb Hansen

Bretton Haryasz
Nicholas Hawley
Riley Hess
Thomas Hitchcock

Tarik Hodzic
Peyton Hosking
Jacob Huber
Joshua Hurst

Mckylely Jerome
Sude Kahraman
Sinem Karaarslan
Leah Keating

Sean Kennedy
David Keroack
Kaylee Ketchale
Sara Ketchale

Rae Kyeong Kim
Abbigail King
Sarah Kites
Elizabeth Kopec

Madeline Kroll
Krystian Kryczka
Alex Kudla
Eslem Kuruca

Monika Lachut
Jacob Laduke
Shannon Lafleur
Daniel Lafreniere

Tatiana Lamas
Collin Laneiro
Nicholas Langlitz
Ethan Lapa

fast **facts**

The class of 2021 is a bright excited group of students who are involved in many outside school activities and push themselves in their academics to go above and beyond.

60.3% Of the sophomore students are in an Art or Music class.

2 out of **3**

Sophomores that have been interviewed say that balancing athletics with academics is a struggle for them.

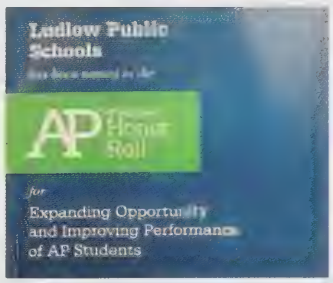
underclass

The class of 2021 has stepped up their game this year defeating the freshman classes in spirit week. Creating a goal for the class of 2022 to beat next year.

seniors

With seniors compared to sophomores there is only a 2% difference in the total of students in Honors and AP classes.

Seniors- 57% Sophomores-59%



94

Sophomores have signed up to take AP language and composition for their junior year.

A Lasting Bond...

Friendship is a strong bond that most people have.

The meaning of friendship is a bond between two people that are bonded by care and support, with similar values and interests, while being comfortable with together.

Friendship

True friends go through thick and thin and somehow still figure out a way to make everything work.
They can have some hardships but find a way to make up in the end.

But, in good times and bad, good friends will always pull through.

Cameron Lapatin
Christopher Lapointe
Kaylee Lavigne
Avery Leary

Evan Libby
Adam Lima
Kellie Lyonnais
Adam Makkiya

Jake Manewich
Annastacia Maravilha
Robert Marrow
Isabella Martinez

Noah Martins
Stephanie Martins
Makenzie Mastorakis
Bella Matues

Erin Mayou
Ana McDonald
Sean McEachern
Victoria Melanson

Alyssa Midwood
Carter Milfort
Nicholas Moore
Makayla Moynahan

Erin Murphy
Makenzie Nally
Michael Nieves
Hannah Nilson

Landon Norris
Jason Novak
Mikayla Ouellette
Leenayhsia Pabon

Anthony Pafumi
Hayleigh Paine
Tia-Marie Paine
Grace Peltier

Kendall Peters
Courtney Philpott
Isabells Pietras
Luiz Gustavo Pinto

Catarina Pires
Joseph Pires
Joao Pontes
Jillian Procon

Arayah Remillard
Kaya Reopel
Dyani-Janelle Reyes
Juliet Ribeiro

Samuel Riley
John Riordan
Andrew Rivera
Alexander Robak

Ryan Roberts
Christian Roche
Austin Rock
Matthew Rodio

Dean Rodolakis
Kaitlyn Rodrigues
Kaliemuel Rodriguez Nieves
Patrick Rowe

Anna Roznial
Abram Salloom
Lucia Sanches
Naycee Sanchez

What makes someone a good friend?

MACKENZIE NALLEY on BFF JESSICA DOBEK
"Jessica has a good sense of humor, can always make me laugh, and is always there for when I need her the most."

KATIE CODDING on BFF ARDYN DUPIS
"I'm the most comfortable with Ardyn. She is accepting and open to trying new things and our humor is different from everyone else's."

NOLAN AYERS on BFF ETHAN LAPA
"Ethan and I have been friends since seventh grade. He's very funny and has a good sense of humor and loves what he does."

NICK LANGLITZ on BFF MATTHEW BEDORE
"I have known him so long that I could point out traits about him that most people wouldn't even know."

KARINA DIAS on BFF JULIA BRILLO
"She's easy to talk to and very easygoing. We get along well and have a lot in common. We're teammates and best friends."

COURTNEY PHILPOTT on BFF VANESSA TABLE
"We are the same person. We both have a sense of humor and we just clicked. She is extremely loyal and always there for me."

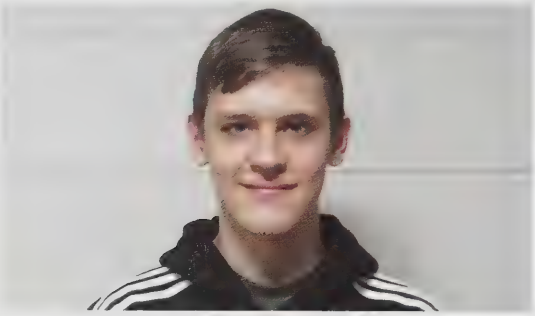
MAKAYLA MOYNAHAN on BFF MORGAN FARIA
"Morgan and I have done everything together. We always agree and rarely fight. She is always honest and on my team about the decisions I make."

AMBER BLAKE on BFF ANA MACDONALD
"Ana is always honest and celebrates my achievements. She is hysterical and down to earth. She is 'not fake'!"

2021

LOOKING AHEAD

I 'm excited for more of the opportunities for classes and making new friends to hang out with." **TREVOR DOWD, 2021**



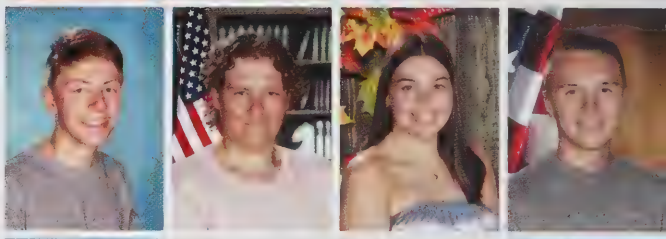
"I 'm really looking ahead o hanging out with friends and improving academically." **OLIVER GAVRILOV, 2021**

"For this year, I 'm really hopeful for getting a win for the girls basketball team" **ARAYAH REMILLARD, 2021**

Cam Sanderson
Nathaniel Sarrasin
Ethan Schwartz
Jack Serafino

Celine Serrano
Caitlin Shaw
Emily Singleton
Collin Siwicki

Owen Slota
Cam Smith
Danielle Smith
Liam Smyth



Autumn Snow
Emma Sotiropoulos
Alexandria Spedero
Zachary St. John

Aaron St. Peter
Paige St. Pierre
Victoria Stabilo
Sabrina Steadward

Kieran Sugrue
Nikolette Sullivan
Neva Sweeney
Sonja Swimm

Michael Szewczyk
Vanessa Table
Savannah Thurber
Aaron Turgeon

Braeden Vermette
Kendyl Vermette
Alexandra Vice
Joseph Villano

Ariel Vital
Jacob Wadas
Abigail Wadsworth
Mackenzie Walsh

Ryan Watts
Antwone Webb
Drew Woishnis
Marcin Wojcik

Alex Wurszt
Remon Yusuf

LOOKING BACK

We asked sophomores to reflect on their year for us.

"Sophomore year was full of ups and downs. I'm not going to miss the little things and am looking forward to moving on and away from those things and being able to grow.

DYANI REYES, 2021

"This year I learned who my real friends are and who they will always be, groups may have gotten smaller through the year but the people became stronger. Sports got better and the thought of college is now here.

EMMA COTE, 2021

"My bets memory of sophomore year was being able to get my class ring and I am going to miss my tenth grade history class and my teacher".

KENDYL VERMENTTE, 2021

"I am not a huge fan of my sophomore year but I am ready to move on. I think I might mis Mr.Lee but I will have him again Senior year so that's good!."

BELLA MARTINEZ,2021

"All I can say is, I am very happy I was not a freshman this year!."

JACOB DIAS 2021

"There are many teachers I've had this year and my favorite of all is Mrs.Langone."
Aaron Stasiowski, 2022

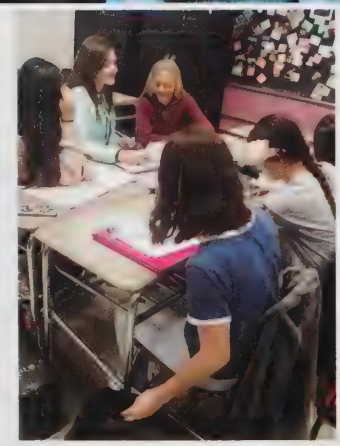
"There are many teachers I've had this year and my favorite of all is Mrs.Fernandes."
Tristan Valentine, 2022

"Mr Kudla because he makes the class interesting and makes the class fun."
Ava Kochanowicz, 2022

COMING TOGETHER. The freshman class join together to take a photo for spirit week, wearing their class color. "Spirit week was very enjoyable and I feel that it really brought us together as a class," says Jacqueline Lindsey. *main photo*

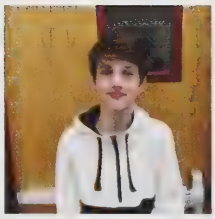
BEAT THE HEAT. Abigail Letourneau, Shyanne Maciag and friends huddle together before a long day of school on a hot September day. *right page, bottom right*

WORK PAYS OFF. Emily Godek and Jacinda Hewes converse and help each other out with homework during class. *left page, bottom left*



"There are many teachers I've had this year and my favorite of all is Mrs.Cook"
Collin Doyle , 2022

"There are many teachers I've had this year and my favorite of all is Mr.Rea."
Christian Martins, 2022



"There are many teachers I've had this year and my favorite of all is Mrs.Fernandes."
Colin Skelly, 2022

"Some new experiences I have encountered were things anywhere from new environments to new freedoms. All in all, my freshmen experience is unforgettable"
GABRIELLLA BLACK, 2022

NEW EXPERIENCES

Electing class president and taking classes to prepare for college are all new experiences that the freshman class of 2022 had.

Although, there were some struggles being a class president, in the end, the good outweighed the bad, especially for 2022 president Aidan Marcinkiewicz, " We've made it more public with the decisions, kind of making everyones voices known"

There is much more of a variety of different classes to take that aid future careers. Intro to law, mock trial, yearbook, and graphic design all help when in comes to finding future aspirations.

Along with these new freedoms were new struggles.

2022 vice president Fiona Elliott says, "A struggle was appealing to everyone because people had different opinions. It was hard having one thing set for everyone."

"I definitely struggled with finding my classes and it sometimes still is hard," says Aivree Kus

EXPECTATION REALITY

Many students had an expectation of freshman year that was completely different than the reality.

From the very beginning freshmen believed that they would be looked down upon. They thought that they would be overwhelmed with work and be very stressed. Unfortunately some of that became true, but other stuff turned out not so bad. According to Sofia Tulik, "I knew High School would put a lot more responsibility on me and would be a lot of work. I thought the teachers would be very strict, but I have some pretty fun teachers this year. As for sports, I had expected them to make school work harder to complete. Sports did not affect my school work at all. I meet a lot of new people and made a lot of new friends while playing sports. I got to explore many different subjects and learned a lot. I had a great first year and can't wait to see what the rest of High School will bring."

Learn: Students in Ms. Fernandes' English class discuss a story.

Samuel Abdou
Mackenzie Adams
Elijah Adjei
Gabriel Afonso

Inoakamma Agozino
Sophia Albano
Isaiah Almodovar
Notavious Andino-Galarza

Cas Andle
Benjamin Angers
Logan Archambault
Hunter Asta-Ferrero

Trista Auclair
Nicole Audet
Karley Aussant
Mirac Ayral

Karly Bailey
Alina Banas
Katelyn Banks
Sofia Bargas

Kevin Barroso
Sabrina Barroso
Joseph Bates
Anden Bavieri

Corbyn Beal
Emma Binette
Gabriella Black
Jayden Borrero

Anthony Bourdeau
Tyler Breslin
Spencer Brice
Jakob Brissette

Elizabeth Bryant
Alec Bush
Devin Buss
Nathan Calabrese

Abbey Cameron
Michael Cassidy
Connor Cavanaugh
Freya-Michele Chalue

Tyler Charest
Jakub Chartier
Nathan Chelkonas
Selcuk Cinardere

Ethan Clark
Michael Clemente
Ava-Kelis Cobb
Ryan Colson

Nathaniel Corbin
Olivia Crespo
Eric Croteau
Megan Dacruz

Tyrese Davis
Timothy Del Negro
Derek Deroin
Collyn Desroches

Alex Diaz Martinez
Grace Dinelle
Laila Dixon
Margaret Dowling

Collin Doyle
Seth Drewnowski
Andrew Duquette
Fiona Elliott

2022

Being new is hard....

"There's a lot of pressure on you, your first year because you need to be able to keep your GPA up. Freshmen as a whole get looked down upon, so it's harder to be confident in yourself while trying to get good grades." **EMMA SERISSER, 2022**

"I would say being a Freshmen is hard because you're being introduced to a completely new school and learning environment. Plus Freshmen typically get a bad rep from upper class men." **LUKE PAGE, 2022**

"Its been pretty easy and enjoyable. I've learned a lot and made many new friends. I've had a lot of fun with sports and other activities. Overall, freshman year has gone very well." **MICHAEL GILREIN, 2022**

From classes to Directed Learning Times in classrooms and the library, freshmen can be found pretty much anywhere.

YOUR VOICE: WHAT WOULD YOU CHANGE?

Gabe Simard

"I would change how the hall monitors stand in the middle of the hall."

JILLIAN KUBIC

"I think having more clubs would be cool."

ZACHARIA FLEEBOTTE

"I would want to change from focusing on homework at school more than at home."

EMMA BINETTE

"I think having 1 or 2 more spirit weeks would be fun instead of having only three. Having 4 would be better."

Anonymous freshman

"I would put a map of the school on the wall."

JAKOB BRISSETTE

"I think the should be more choices for languages like Dutch."

WRILEY SCOTT

"It would be better if the classes were more interesting."

KEVIN BARROSO

"I wouldn't add anything I like it the way it is."

Gaby Estrada Requena
Kaytlyn Fernandes
Catarina Ferreira
Michael Ferreira

Zacharia Flebotte
Sofia Fonseca
Aislynn Fontaine
Joshua Franco

Taroy Freeman
Anasandra Freitas
Phillipe Freitas
Faith Freniere

Matthew Fueston
Callie Gaffron
Jadon Gagnon
Annika Gaouette

Arya Gardner
Sydnie Germain
Brielle Gibson
Michael Gilrein

Emily Godek
Azize Gokcek
Brandon Gomes
Joseph Goncalves

Kacie Goncalves
Liliana Goncalves
Nora Goncalves
Sebastian Goncalves

Connor Gravelin
Louis Greenwood
Brianna Grimaldi
Benjamin Guerin

Zakary Guertin
William Hall
Chariliz Henry
Nicholas Henry

Michael Heroux
Andrew Hervieux
Jacinda Hewes
Jada Hewes

Brendan Hiller
Tahir Hodzic
Chloe Homans
Darius Housey

Matthew Hunter
Jenelle Hurley
Kylie Huse
Zoey Hutchinson

Burak Ibas
Amelia Jarzabek
Austin Johnson
Burak Kahveci

Alexios Kalita
Chloe Ketchale
Marissa Kibbe
Ariana Kilduff

Sara Killeen
Rae Yeong Kim
Ava Kochanowicz
Eldin Kolenovic

Abbigail Kovalski
Jillian Kubik
Asli Kupuc
Aivree Kus

Can't we all just get along?

High school is notorious for bullying so LHS has been trying to end it for good, one step at a time.

Bullying is something that all schools struggle with. We find ways to cope but that doesn't always work.

LHS has been finding new and better ways to prevent bullying. So far, it has been working.

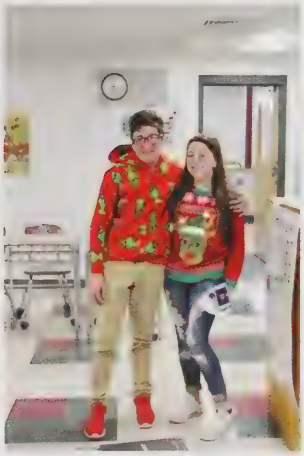
Vice principle, Mr. Halpin expresses that, "We, as a faculty, have put up signs about bullying."

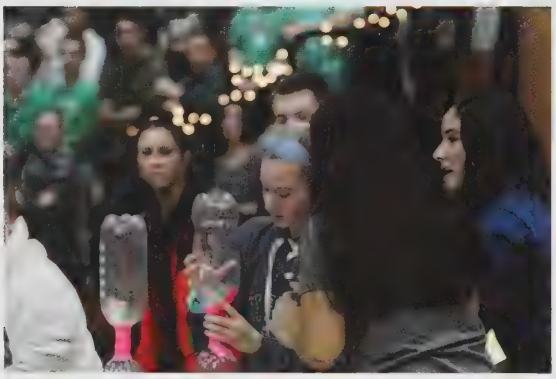
But, there are still kids who struggle with bullying and it shows on their report cards.

Mr. Halpin also adds that, "Some kids just stay home, afraid to walk around. Not coming to school can have a hug impact on their work."

Bullying isn't something to be taken lightly so Mr. Halpin along with other faculty are trying hard to prevent it.

FRESHMEN SPIRIT!





Leo Laguerre
Brianna Landry
Hannah Lanzarotto
Trinity Lavallee

Jayana Leang
Aliyah Leary
Grace Leiper
Abigail Letourneau

Morgan Letourneau
John Lewis
Jacqueline Lindsey
Xhavair Linton

Alex Lourenco
Nina Lussier
Megan Lyonnais
Daniel Machado

Shyanne Maciag
Julia Makusiewicz
Dominic Mancuso
Dylan Manuel

Aidan Marcinkiewicz
Christian Martins
Finn Mateus
Tristan Maynard

Grace McBride
Mia McKenney
Shanyia McLaurin
Anthony Melanson

Carissa Mendes
Jessica Morgado
Aden Morganstern
Luke Morin

Maxwell Mortimer
Lucas Mowry
Alexander Murphy
Kaylee Murphy

Mackenzie Murphy
Yan Myakushko
Kyle Nunes
Emily O`Connor

Ayden Osorio
Elsa Ouimette
Luke Page
Colby Palmer

Gary Parente
Hanna Park
Olivia Parker
Brett Patenaude

Lindsay Patenaude
Xavier Paulo
Thomas Pearson
Austin Pease

Isaac Pedro
Michael Pedro
Elizabeth Pereira
Mallory Pereira

Victoria Piascik
Aaron Picard
Cole Pollard
Hayden Potorski

Tyler Priest
Hunter Proulx
Angelina Provost
Isabella Provost

Dear Freshmen,

Freshman year is one of the hardest parts of high school and most 2022 students can agree.

There were many mistakes made and struggles with new surroundings and very different expectancies.

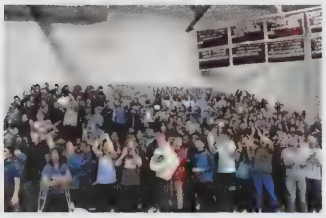
"If I could change one thing about freshman year, I would have managed my time better," Destiny Williams says.

"The advice I would give myself about freshman year would be to participate more during spirit week so we could win," Jacqueline Lindsey expresses.

But with difficulties also come learning experiences. "I learned that if you fail, you can always get help from teachers or your fellow peers," says Michael Pedro. Gabriella Black concludes that, "Freshman year was tough but it's something that everyone needs to experience."

A FIRST TIME FOR EVERYTHING

Even though the Freshmen are new to the whole spirit week thing, they did pretty well for being new to it all. Fiona Elliott says, "It was the first spirit week we thought it was easy because the last one was just colors." During the pep rally Freshmen had some really good students who participated in the activities. Despite the fact that they didn't win they enjoyed being apart of it.



FOR THE WIN. Freshmen Fiona Elliot and Chloe Ketchale cheer on the Freshmen crowd after the foot painting race. *bottom left*

LET'S GO CLASS OF 2022. Freshmen crowd cheers on the students from their class

Joshua Provost
Lillian Przybyl
Brianna Purdy
Joseph Quiterio

Sabrina Quiterio
Alijhea Ramirez
Karrelis Ramirez
Selena Reyes

Sofia Ribeiro
Gabriel Rivera
Aidan Robert
Kayla Robinson

Luke Rodrigues
Joezer Rodriguez Nieves
Elizabeth Rollet
Aubrey Rosenblum

Allison Rua
Jeffrey Russell
Aislinn Rys
Christopher Sadlowski

Maiwand Safi
Victoria Sagan
Joshua Saldana
Devon Santos

Gianna Santucci
Shavon Scott
Wriley Scott
Tyler Senecal

Emma Serisser
Colin Skelly
Colin Shirely
Gabriel Simard

SPIRIT OF 2022!

Clyde Snow
Nikolaus Soja
Cecelia Spice

Aaron Stasiowski
Keely Sugrue
Evan Sullivan
Savannah Switzer

Kiley Szlosek
Katherine Tassinari
Lance Tomlinson
Manuel Torrao

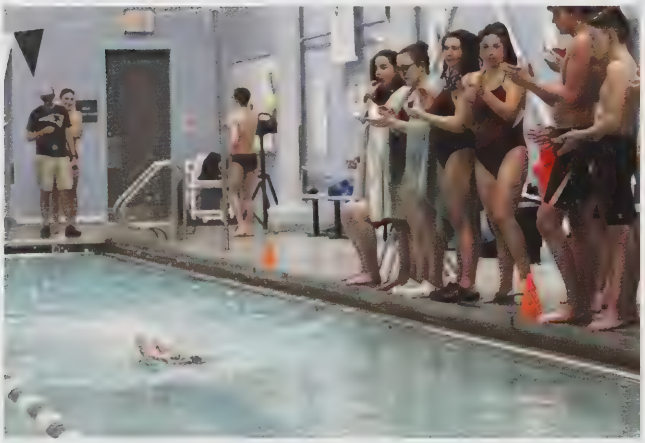
Sofia Tulik
Tristan Valentine
Felix Vargas
Avery Vermette

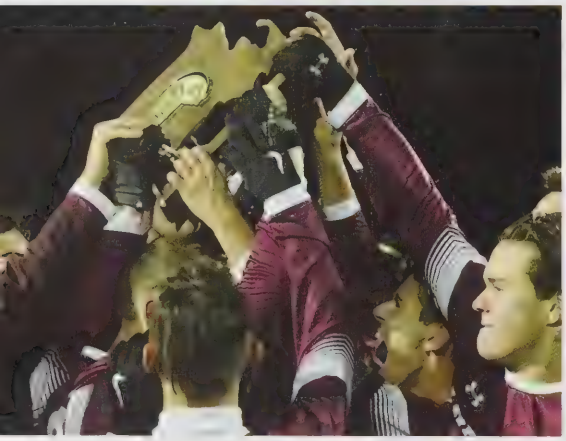
Andrew Vice
Destiny Williams
Alina Winn
Krystian Wojcik

Sudenaz Yanbul
Suzan Yanbul
Jessica Yoingco
Carl Zimmerman

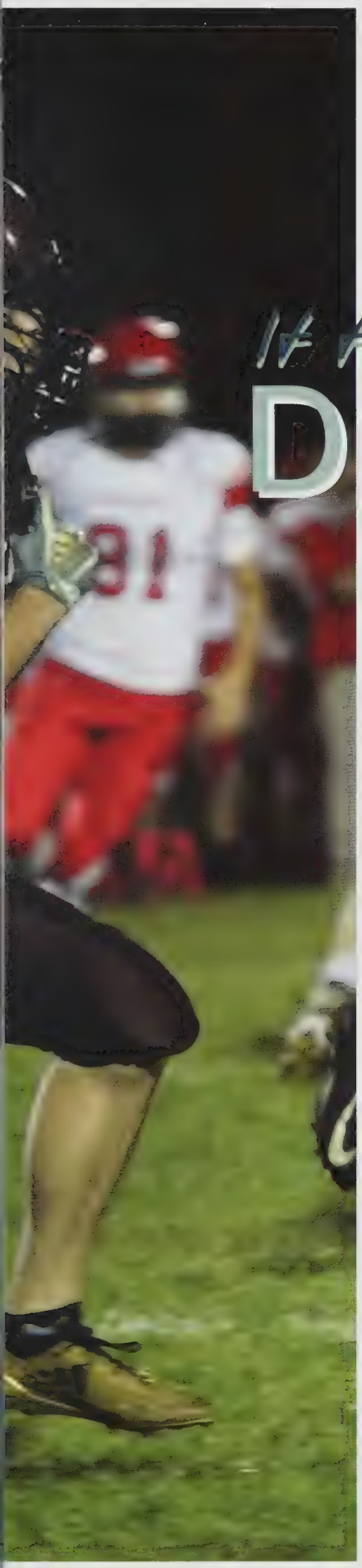
Maxwell Zukowski

Ascend. Wide receiver senior Jacob Ferris heads up the field against Westfield High. The football team this year was very young but had one of its best seasons since 1998.





One. The boys soccer team all reach to touch a piece of their 2018 state championship trophy. Michael Tuck and Michael Riley made clutch goals to advance to and win Ludlow's 18th state title. *above*



It takes DRIVE

How do we get better? How do we run faster, throw straighter, hit harder, or jump higher? What makes us ascend? DRIVE!

Four out of five teams this year competed in post season championship games. Several athletes were honored for their individual performances. The Lions are ascending.

Senior captain on the varsity cheer team, Ashley Navarro, noted the difference between this season and seasons before, "I've been cheering since my freshmen year and this year you could feel the excitement. With each win it became more exciting to be a part of it."

It was a great time to a fan and an athlete. Some teams were coming back after years of rough seasons, while others maintained their dominance.

For some teams the year was one of driving through the difficulties. Lack of chemistry and poor coaching plagued some teams. As one player put it though, "We need to forget the scoreboard and focus on what we can change."

Through practice, drills, pep-talks, and bonding the Lions roared through showing that they can ascend from even the toughest seasons.

Accolades and Awards

"During practices, our coaches are sure to work us hard and keep us focused and having a good time."

CAMDEN BLACKBURN, 2019

"The more serious we took our practices the better we played during games."

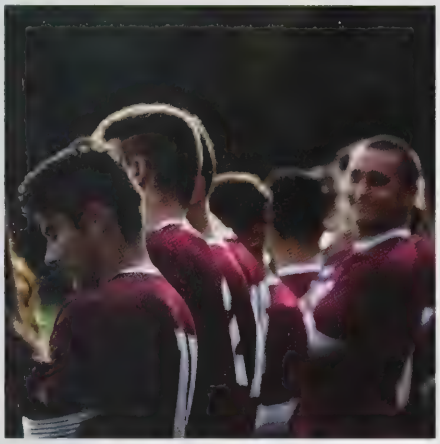
ANTHONY QUITERIO, 2020

"During games we always did the task at hand and constantly supported each other."

MICHAEL MEDINA, 2019

scoreboard

	us	them
East Longmeadow	03	01
Belchertown	05	00
Agawam	03	00
Central	04	00
WMass championship	01	00
State Championships- Wellsey	01	00
Minnechaug	03	00
Amherst-Pelham	03	00
West Springfield	01	01
Overall Record 20 - 0 - 3		



18! The Lions take home their eighteenth championship win *top left*

Interception Senior Nolan Rosa blocks opponent from the ball. *Left page middle bottom*

Pass! Junior Malik Serisser passes the ball to his teammates for a win. *Top right*

Driven

to secure our legacy

The Lions had an outstanding season being undefeated all the way to states and eventually winning the championship. Twenty eight athletes were driven to win and take back Ludlow's title. They have maintained their first place position. In Western Mass with a final victory over Longmeadow. According to Coach Greg Kolodziey, the strengths of the team this year were: skill, speed, and depth. He had many goals for the team. They were to work hard everyday, maintain a good attitude, have all players be good teammates, and be an outstanding student athlete and member of the community.

The boys varsity soccer team has had decisive victories over several difficult rivals. The Lions beat Amherst and Agawam with scores of 3-0. Along with beating Belchertown by a landslide of 5-0. This created the tempo and fed the fire within all the players to play harder.

Through shooting drills, racing drills, and fitness, the boys proved they can make it through struggles and triumphs. They have had the opportunity to celebrate many victories this season. According to junior Michael Tuck,"This team is always showing their drive by going out and doing their very best." When asked about how the team feels toward getting into the finals, he said; "We knew it was going to be a tough game from the start. Everyone stood their ground and played their positions. There were no concerns at all." Senior Zachary Grimes states, " It was hard work and communication on the field" that allowed the team to excel in their division.

In the 79th minute, Michael Riley saved the day with a free kick. That helped Ludlow win against Wachusett with a score of 2-1. That led the Lions to face Wellesley in the state championship. The game was moved to Manning Field in Lynn when Worcester State's field proved to be too muddy to play the game on. Once again, Michael Tuck Jr. came through for his team, heading in a ball in sudden death overtime.

How does practice influence your play?

"Practicing every day helps because we work hard, hoping that it pays off in the long run."

TYLER GONCALVES, 2020

"They help us prepare for the next game and the coach tells us how the other team plays, so we know what to expect."

ADAM LIMA, 2021

"We recollect ourselves and we increase intensity."

XAVIER LAMAS, 2019

Driven

to connect

Teamwork and communication have been a key component throughout the season for the lions girl's varsity soccer team. Although it's been difficult, they never focused on the scoreboard but more on working harder for their next games.

With Northhampton being the game they were the most proud of, the girls won with a score of 2- 0. The season may not have gone as planned but the girls never lost their drive. The girls acknowledged that Emily Lima was a positive force and adjusted well to her new position. Sophomore Sara Costa, who scored 2nd win of the game , "With all our rough patches we have managed to keep a positive attitude."

One player noted that, "Despite the circumstances, we as a team continued to keep our heads up and put in the effort to end the season passionately and with a sense of pride." Giving up was never an option for these girls. The scoreboard doesn't always tell the whole story. It never showed how hard the team worked off the field, with focusing on drills, communication and good mentality.

SPRINT. Senior Mary Jordan, runs up the field with the ball in possession during a game against Longmeadow. *top center right*

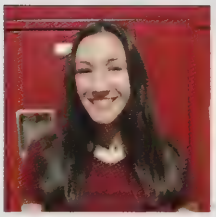
IN THE ZONE. Senior Samantha Calvao focuses her eyes on the ball as she gains possession. *far top right*

BATTLING IT OUT. Junior Jocelyn Trajkovski battles it out with a player from Longmeadow. *far middle right*

"Practice helped us work together as a team and keep a positive attitude"

LAUREN SALIO, 2019

"Practice helps keep our heads up and allows us to push through"



SARA COSTA, 2021

"Practice allowed us to build a lot of team chemistry and communication that transferred into games"

MARY JORDAN, 2019

"We recovered from defeat by discussing how we can improve as a team and as individuals. We also realized that we lost but we can get back from it."

EMMA COTE, 2021

"We regrouped when we lost, talked it over and always thought of a way to make a comeback."

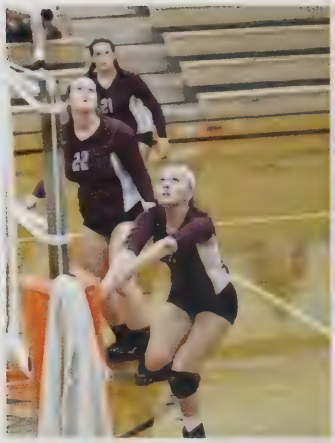
MAYA GRYWALSKI, 2019

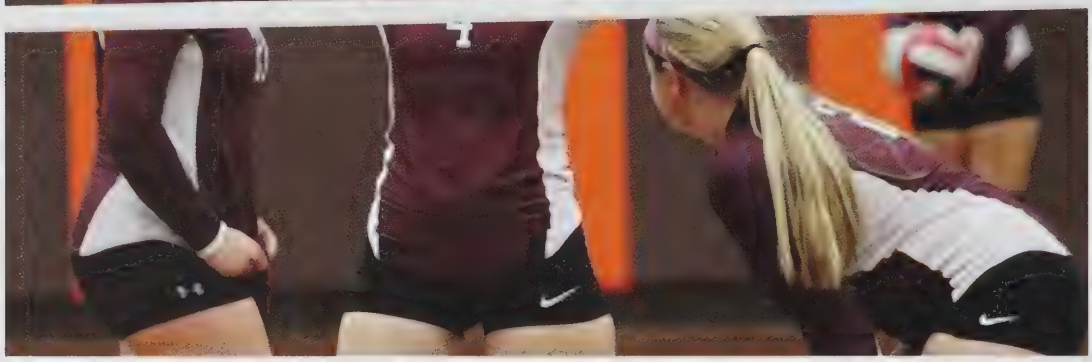
"Defeat encourages the team to persevere and to continue getting better."

KARLEY AUSSANT, 2022

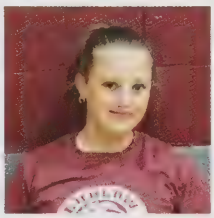
Scoreboard

	US	Them
Minnechaug Regional High School	0	1
Wachusett Regional High School	0	2
West Springfield High School	0	2
Chicopee Comprehensive High School	1	0
Chicopee High School	5	0
Northampton High School	2	0
Westfield High School	0	1
East Longmeadow High School	0	1
Belchertown High School	0	2
Overall record 4-13-1		





"I work ten times harder at practices to recover from defeat."



MARISSA BALBINO,2021

"We talk as a team and understand each other and work on our weaknesses to recover from defeat."

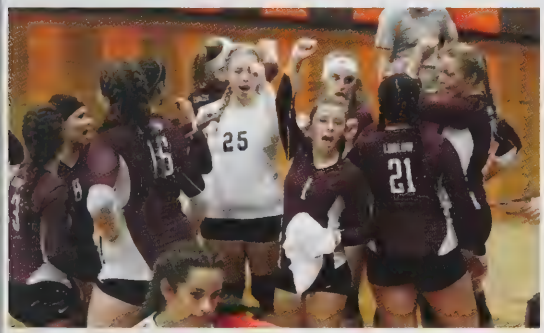
SYDNIE GERMAIN, 2022

"To recover from defeat I listen to music and talk to my team and friends and move on from it."

EMILY GODEK, 2022

scoreboard

	US	Them
Longmeadow High School	1	3
Taconic High School	3	0
Minnechaug Regional High School	3	0
Sabis International Charter School	3	0
Chicopee High School	0	3
Springfield Sci-Tech	0	3
Commerce High School	3	0
West Springfield High School	3	2
Chicopee Comprehensive High School	3	1
Overall Reccord 9 11		



VICTORY! The varsity team celebrates a win after they defeat Agawam. *bottom right*

JUMP. Senior Grace Chartrand jumps her to block an incoming ball. *middle left*

HIT. Senior Samantha Goncalves is ready to receive the ball. *middle right*

Driven
to build

"Last year was very tense," according to senior Kaylin Anderson. They knew they needed to rebuild and work on the chemistry between them. The girls decided that they would not only hang out more when off the court, but when any problems did arise they were sure to solve them at team meetings.

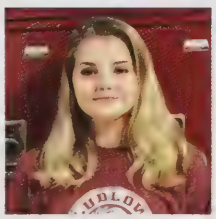
Throughout the season the team has overcome and learned from many challenges. During a very competitive season the girls did an exceptional job defending their ground. They also have a well seasoned coach. Coach Jarvis has been coaching volleyball since 1994, making this his 24th year with the team. They finished the season with a total of 9 wins out of 20 games. One of the teams most celebrated games was their game against Minnechaug. Although they were the best rival team outside of the division, the girls were able to take away one set out of the five, but every set was close. Senior Madison Giebner said, "I know we didn't win the whole game but taking that set let us see our own potential." Brianna Monsalve made a huge contribution by making several digs during that game.

One of the standout players was Alyssa Moore. Nicknamed "sunshine" because of her optimism and willingness to play any position. Alyssa was a player that her teammates could rely on and look up to. She would always try to lighten the mood and shine some sun on the teams attitude with jokes or assuring them, "that everything will be okay."

2019 was a rebuilding year that took a conscientious effort by the individuals who make up this team.

"In practice I think it's important to go back to the drawing board and see how the team can improve from our last game."

SIDNEY KORNACKI, 2020



"When I practice I always try my hardest to strengthen my play with my team."

ALEXANDRA FORMEJSTER, 2021

"During practice, I always work on something that I struggle with during games so I can improve."

MONIKA LACHUT, 2021

Driven

to be one

Unity, the state of being united or joined as a whole. Overall this fall season was full of harmony and partnership. The players worked together in order to help motivate and inspire one another. Thanks to the team's coach, "buddy runs" were created. One player was slower than the other. This was meant to help incline each runner to ascend. Kendyl Vermette stated "Sofia Tulik, her heart is always focused on running and she is the kindest soul". This season formed a close team filled with trust and hard work.

In order to be the best the team could be, Coach Amy Walsh had the team practice six days a week for an hour and a half. Players also practiced at home or outside of official practices, running at faster paces or times. The most popular invite took place at Pioneer Valley Interscholastic Athletic Conference, the team placed in sixth. It was a memorable season, and for Ludlow High Schools girls team. Another honorable moment was when senior captain Savanna Charow and sophomore Kendyl Vermette finished 6th out of 10th place and qualified for the State Championship. Overall, there were eleven games throughout the season and Ludlow won 8-4.

Ludlow High School's Varsity Girl's Cross Country team in total worked hard on communication, connection, and being driven to unite as one.

CELEBRATE! Senior Ariana Freitas felt appreciated when teammate, Stephanie Martin made a poster. The poster was a celebration of the Senior Night. During a meet underclass team members were excited to give their hand made posters to the Seniors of the team. *middle photo*

EXCEL! Junior Marisa Mentekidis ran in one of her best and last meets. They played a home against Agawam. The team was nervous yet they stayed motivated and tried to do their best. According to Marisa it was her hardest course and as a result of hard work she earned her PR (personal record). *opposite page below main photo*

"We do lots of hill workouts so it helps with endurance and helps build our muscles in order to go faster."

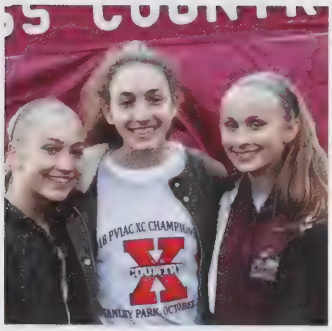
BRIDGET MURPHY, 2019

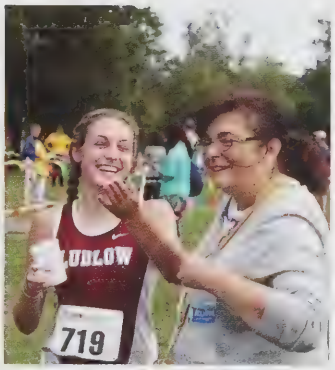
"Helps us run faster, support of the team. Every workout helps us get better times."

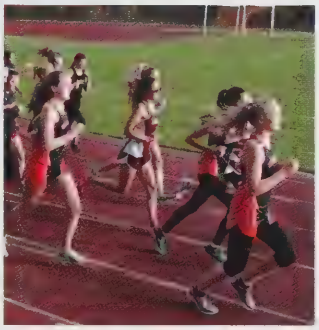
RAFAELA FERNANDES, 2019

"They focus on endurance and it all helped with muscular strength. As a result we ran longer and faster."

STEPHANIE MARTINS, 2021







"Run harder next time, try to do better and train harder."

SAVANNA CHAROW, 2019

"We encourage each other to improve and do better next time."

KENDYL VERMETTE, 2021

"Train harder, team bonding, we talk about the other team and what we could improve on next year."

SOFIA TULIK, 2022

Scoreboard

	Us	Them
Northampton	40	19
Minnechaug	21	34
Longmeadow	29	30
Agawam	33	24
Belchertown	15	50
Westfield	15	50
Amherst	40	19
Dugan	15	50
Central	16	43
Overall	08	04

"Just continue to practice and get better at what made me be defeated."

NICHOLAS GREGOIRE, 2019

"We keep positive by having fun, keeping everything lighthearted and making jokes on the bus ride home."

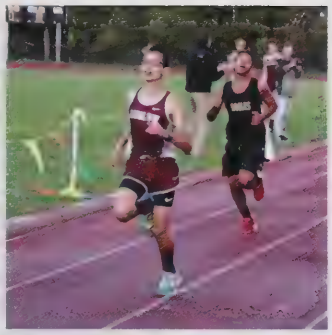
DAREN PEABODY, 2019

"We recover from defeat by staying positive, trying to support each other even if we did bad and just getting ready for the next race."

JOHN PAUL COLLINS, 2020

scoreboard

	US	Them
Agawam	25	34
Sci Tech	15	50
Renaissance	15	50
Westfield	15	50
Belchertown	28	29
Duggan	15	50
Central	22	34
Ludlow High School 07 04		



REMINISCING. The Boys Cross-Country team huddles up after a race at an Amherst invite to talk positive and about race strategy. *main photo*

THE WARMUP. Sophomore Jacob Dias spends some time warming up by himself before the meet against Belchertown. *right center*

SEE YA! Senior Adam Dacruz speeds up his pace in order to come in front of Minnechaug opponent. *right bottom*

Driven

to improve

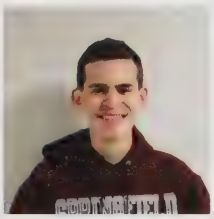
Throbbing legs, aching arms, and two major injuries were all part of the 2018 boys cross country season. Although there were rigorous trails, they persevered and fought to reach their personal goals, and their goal as a team was finishing each race under 25 minutes. While there were meets lost, with a positive attitude, the bus ride was always enjoyable.

There were unsuccessful meets and the season wasn't looking so good at first. Even though the boys struggled with Northampton and Amherst due to their difficult trails and unbearable hills, they pulled through and made a comeback with a later meet against Agawam winning 25-34. Freshmen Darius Housey ran a time of 17:41 at Stanley Park, making him the fastest runner for Ludlow in 20 years. Other memorable runners who beat their personal bests were Junior Brian Beem with 18:59 and Freshmen Maxwell Mortimer with 21:13. Darren Peabody expresses the boys do to prepare for runs "We do our Portuguese chant before every race."

All in all, the LHS boys cross country team have truly ascended this year, shaved down time on their runs and accomplished new personal bests. One teammate says that one way the team showed drive was, "By getting over our mid-season 'slump' and pushing harder to achieve our goals."

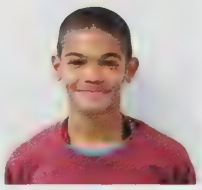
"Practicing builds up our endurance, we are able to breathe better and have a good pace."

PATRICK CASAGRANDE, 2021



"Everyone ran really well at PVAIC because we put in the work during practice and got the results that we wanted."

DARIUS HOUSEY, 2022



"Practice helps to understand what everyone's pace is and figure out where I stand when it comes to racing."

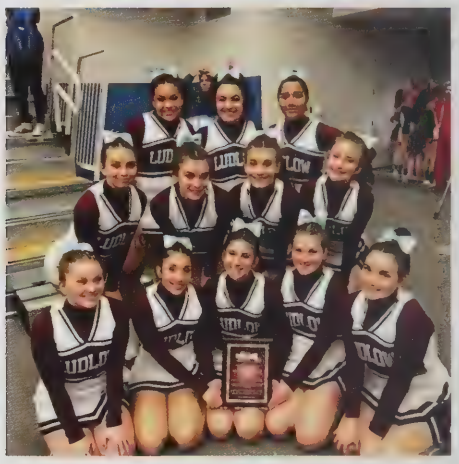
ADAM DACRUZ, 2019

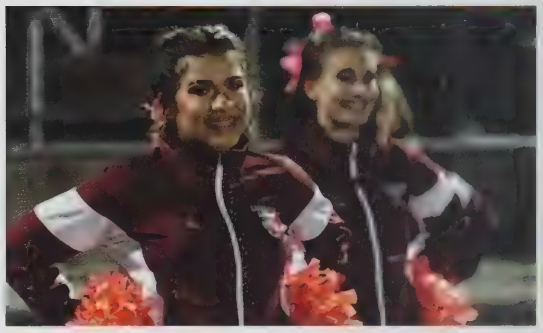
Driven

to Flip

No need to work on their roar these Lady Lions have that under control. Stunting over the ecstatic crowd the cheerleaders are the ones you hear rooting on and rising up the spirits of the spectators. This year the girls Varsity team competed in the Fall for the first time in the last five years. This Fall season has been effortless for these 13 girls, continuing their first place winning streak all the way to states. Coach Kelsey Danitis says, "Our strengths have always been our spirit and enthusiasm, also our overall presence on the mat."

This 2018-2019 year has been busy for these girls; with competing in the Fall, attending all Varsity home football and basketball games the team now shrinks to 9 girls for their Winter competition season. This year alone, the team has gained the title of Pioneer Valley League Champs for both Fall and Winter seasons. Furthermore, the girls have advanced to States in both seasons as well. In addition to these wins, the girls won the Gerald H Silverman Sportsmanship Award out of the all competing teams in the Massachusetts state.





SENIORS! The senior girls of the class of 2019 are acknowledged with flowers and words of great appreciation. *Top left.*

SPORTSMANSHIP!. The girls Varsity Fall cheer team pictured with their Gerald H Silverman Sportsmanship Award they won at states. *Bottom right.*

UNDER THE LIGHTS! The team loudly cheers on the football team as LHS takes home another win. *Right center bottom*

"At practice we try to practice like we're preforming, the more and more we do things we get better and gain more confidence"

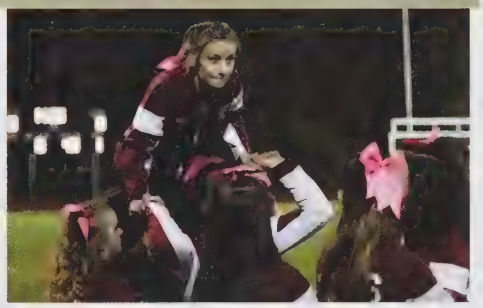
ARIANNA ORTIZ, 2019

"Our team always has high energy going into practice. We come in ready to work, but also having fun."

NIKOLETTE SULIVAN, 2021

"I've been on the Varsity cheer team from freshman to senior year and our motto at practices is we don't work until we get it right, we work until we can't get it wrong."

ASHELY NAVARO, 2019

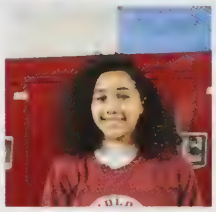


"I have been on the team all three years I have been in high school. We have won leagues and gone to Western Mass and my goal is to do that once again. I have been a cheerleader for fourteen years."

ALEXANDRA MORRIS, 2020

"This was my first year on Varsity and I finally got acknowledge for al my hard work at practices"

MCKYLEY GEROME, 2021



"My first year cheering at LHS has been very memorable and I learned new skills at practices that I have never done before!"

NICOLE AUDET, 2022

scoreboard

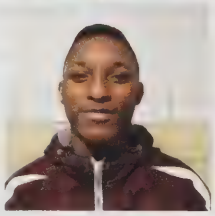
	US
Holyoke High School	1st
West Springfield High School	1st
Marlboro High School	1st
Worcester State	1st
Chicopee Comp High School	2nd
South Hadley High School	2nd
Agawam High School	3rd
Sheppard Hill Regional High School	2nd

"we recover from defeat by cracking jokes and cheering each other up so by the time the next game rolls around were just focused on beating the next team."

CARSON KAWALSKI, 2020

"we keep our heads up, we don't think about it too much and just keep moving forward"

JAMANTE BECKET, 2021

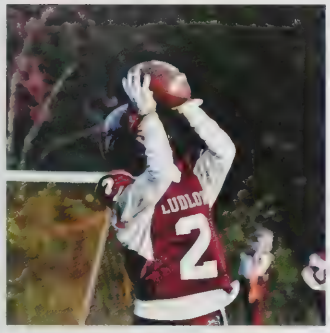


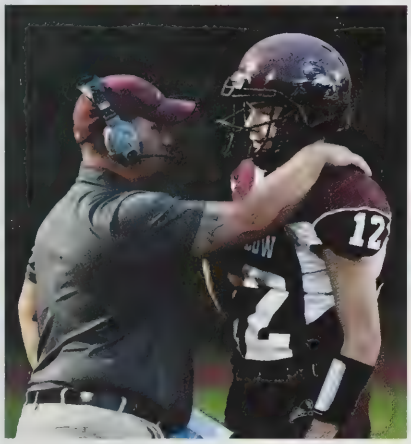
"we hang on as a team and go through it together"

DONALD GREGORY, 2020

scoreboard

	US	Them
Westfield	00	39
Monument Mountain	47	00
Amherst	25	16
Woodstock Academy	13	6
Lee	7	21
Mount Greylock	13	00
Belchertown	20	6
Drury	34	00
Longmeadow	00	35
Overall Record 8 3		





TACKLE! Sophomores Christopher Fogg, Joseph Villano, and Senior Phil Nguyen fight to protect the ball against the opposing team. *main photo*

HOORAY! Lions rush through banner made by the cheerleaders at the first home game. *left page bottom middle*

BOLT. Senior Jeremy Garcia, executes a running play during a home game against Westfield *left page bottom right*

Driven

to get a touchdown

After winning 34-0 against Drury, Lions boy´s varsity football team qualified for post playoffs for the first time since 1998. Ludlow High School´s boy´s football team arose this year with a comeback season. They gained six wins and had three losses. "Sticking together, staying confident, and believing in each other", says sophomore varsity player Jake Manewich, is one way the varsity football team gets over obstacles together as a team. Coach Ray Saloio set this years goal to make playoffs,and they achieved just that. This years team, while young, is still competitive and has the experience to grow physically and mentally. From the results of the season the team has ascended with progress.

Coach David Babine felt that this seasons young team has a bright future. He was excited to get them into the weight room and push them to reach their football goals. Simulating game time during practice by practicing, blocking, running, tackling, and passing. These played a big part in perfecting their techniques to win during actual games. 2018´s varsity football team gave each and every game all their effort and left everything out on the field.

"during practice we do a lot of scout O plays so we can better prepare for the plays the other teams will make."

PHIL NGUYEN, 2019

"you practice like you play so everything we do during practice we use during our games."

JACOB FERRIS, 2019

"The harder you practice the better you play. So we just kept up the good effort during practices and it showed through our games this year."

CHANTZ MCLEAN , 2020

Driven

to birdie

A hole in one, the boys golf team did exceptionally well this season. The Lions had a comfortable position in the league rankings, holding the second rank in their division. The Lions golf team is coached by the Kurt Anderson, he's been coaching Ludlow's golf team for over 21 seasons, he didn't give much of his opinion on the season but he did say that the team isn't about him its about the students.

Asking many of the golfers we received some great insight on how the season went, one player said it exceeded all expectations and they really were on the ball.

Golf is one of the most successful sports in Ludlow High School. And they really all enjoy the sport, Evan Libby said that he "developed his love for the sport over the years" when he first witnessed a golf tournament at the age of 4, and from that moment he hasn't looked back.

FORE! Sophomore Cam Smith lines up his shot towards the hole, In hopes of sinking the shot.

WARMING UP! Sophomore Evan Libby warms up before a match by taking a few practice swings.

BONDING! A few members of the boys golf team stand in a group preparing for the match in front of them. *photo: (from left to right: Andrew Morris, Michael Young, Evan Libby, Caleb Hansen, Aidan Mcbride, Jacob Guyon)*

"When it comes to recovering from defeat, I work harder, condition, and try eat well."

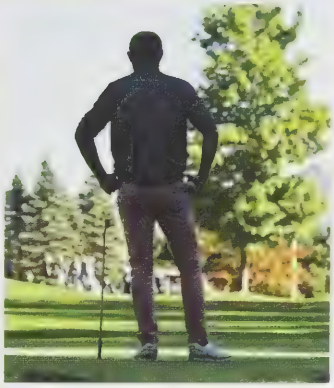
EVAN LIBBY, 2021

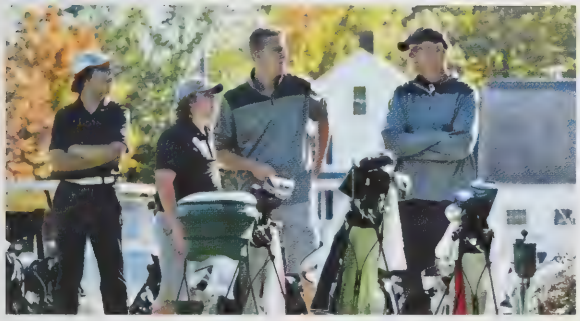
"I was inspired by my father who was an avid golfer. He practices by going to the driving range and hitting practice balls in his backyard also wanting to continue his career after he graduates."

AARON PICARD , 2022

"Constant and repetitive practice is what is needed to improve my game. We practiced five to six times a week, focused on one skill. Sometimes it was chipping or putting."

CAM SMITH, 2021





"To recover from defeat I normal try to do lots of practicing try to go to driving range as much as possible."

HUNTER ASTA-FERRERO,2022

"To recover from defeat I go to practice the next day to try to improve my skills all together."

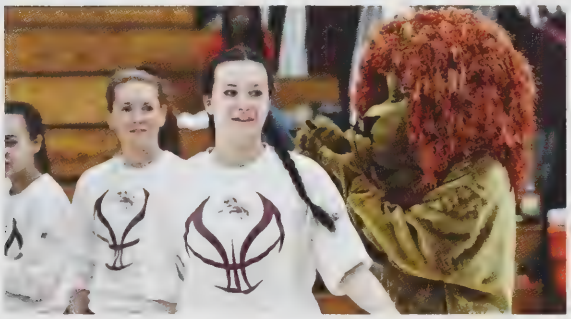
ANDREW MORRIS, 2020

"Practice helped me become more persistent and more accurate in my hits."

RYAN BELDEN, 2019

scoreboard

	US	Them
Westfield High School	168	166
Pope Francis High School	155	166
Chicopee Comprehensive High School	168	203
West Springfield High School	159	188
Palmer High School	170	203
Agawam High School	175	168
Belchertown High School	166	189
East Longmeadow High School	169	166
Western Massachusetts Championship	339	
2018-2019 Record 10-5		



"From losing we try to focus on what we did well and what we can improve on and what we have improved on."

DANIELLE SMITH, 2021

"You work hard at practice to fix your mistakes then you get better."

HANNAH ALBRIGHT, 2019

"We take the positive aspects of the game and try to incorporate those things that we do well into our next games."

KATE ROONEY, 2019

scoreboard

	us	them
Palmer High School	33	53
Granby Jr./ Sr. High School	23	32
Longmeadow High School	23	48
East Longmeadow High School	27	52
Sabis International Charter School	26	42
South Hadley High School	28	49
Agawam High School	28	38
Hampshire Regional High School	41	52
Belchertown High School	22	52
Overall Score	0	19

BLOCK. Sophmore Danielle Smith is blocking the ball from an Amherst player. *top right*

UNTOUCHABLE. Sophmore Julia Brillo dribbles the ball down the court. *center right*

KEEP AWAY. Sophmore Arayah Remillard gets ready to pass the ball to a waiting teammate. *bottom right*

Driven

to rebound

The girls varsity basketball team gave it their all and kept a positive attitude throughout the whole season. Even though it has been difficult for the team, they pulled through and focused more on bringing a high level of intensity to their practices and games.

Although they didn't win, the girls all agreed on Northampton being their proudest game of the season. Senior Mary Jordan noted that, "Northampton was expected to be one of the best teams we'd play, but we didn't let that intimidate us." Carrying on that positivity, we asked the team to nominate a player they thought deserved the most valuable award. The girls recognized Hannah Albright as positive leader, and always uplifting the team.

Despite the fact the girls varsity basketball team's season didn't go as they hoped it would. Working on drills and shooting they came together as a team a focused on maintaining a healthy environment for the girls to work in. As Coach Brillo pointed out, "We want to create a positive atmosphere where our team will have fun, compete to their fullest potential and become productive young ladies in our community." Going into every game with a strong mindset allowed them to do their best.

"When we practice we focus on how to handle pressure and our main focus has been valuing the basketball and as long as we keep doing that and practice it'll transfer over to games."

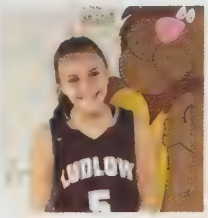
SADIE GONCALVES, 2019

"We do a lot of plays at practice then we execute them during our games and we are always energetic and optimistic during practice which transfers to our games."

KAYLA MCKAY, 2020

"We practice at a high energy level so that we are ready for our games."

AUBREY ROSENBLUM, 2022



Driven

to dunk

This year's season has taught the boys varsity basketball team that wining isn't everything. These boys came into the season with roaring energy and the excitement to grow closer as a team. Senior captains David Rivera, Thomas Alves, and Zachary Grimes made it a priority to have a team that bonded well and put their all out on the court each and every time. A player said that "Bonding with the team was definitely the most memorable moment of the season".

Key player, David Rivera, has truly out did his personal goal in his final season of his high school career scoring a total of over 250 points. Underclassmen like Nicholas Teixeira, Anthony Fortune, Samuel and Michael Riley are ready to improve on their passes, making more baskets as well as rebounds for the next season.

The boys keep their heads high throughout the season that was filled with close games and buzzer beating shots. Next year the boys will come back stronger than ever ready to eliminate their competition.

HYPE! Some of the team watches from the bench as the intense game goes on *Top Picture*

DUNK! Sophomore Thomas Hitchcock gets ready to take a shot and score for the team *Middle Picture*

PASS! Some of the team observes from the bench and supports the rest of their team *Bottom Picture*

"At practice we train hard, work on perfecting our plays, and work on our team chemistry"

DAVID RIVERA, 2019

"One thing that has been differed from last year is that were adding more players that can get us fast break points and more traps on defense."

ANTHONY FORTUNE, 2020

"One of this years goals is to have a better team connection overall."

ZACHARY GRIMES, 2019

"At practice we play hard, focus on shooting, and we maintain a good sense of humor no matter how bleak things got"

THOMAS ALVES, 2019

"At practice we mainly focused on offense drills and improving the chemistry on the team as a whole. As for overcoming defeat, we stayed focused on the future and what was ahead of us.".

NICHOLAS TEIXEIRA, 2020

"We are constantly running plays at practice and we keep our heads high moving into the next game hoping for the best"

THOMAS HITCHCOCK, 2021

scoreboard

	us	them
Pittsfield High School	46	76
Baystate Academy Charter Public School	32	78
Hopkins Academy	46	64
South Hadley High School	30	68
Hampshire Regional High School	44	55
Renaissance School	63	72
Southwick Regional School	00	58
Palmer High School	50	64
Easthampton High School	35	70
Overall Record	00	19

"When we get defeated we work a lot harder during practice."

LUKE MORIN, 2022

"We work harder in practice and go over things we messed up on."

ALORA BERTINI, 2021

"We don't let defeat get to us, we focus on what we did well and learn from our mistakes."

XAVIER LAMAS, 2019

scoreboard

	us	them
Longmeadow	36	42
Longmeadow HS	33	42
Holyoke	46	21
Westfield	27	48
East Longmeadow	41	22
Northampton	45	24
Overall	03	03

SPORTSMANSHIP! Senior Benjamin Shaw shakes opponents hand after match to show respect. *Bottom left.*

TACKLE! Fellow teammate tackles opposing team player, being more aggressive for the win. *Top right.*

OVERCOME! Teammate Alexandra Formejster pushes her ability to overcome struggle. She uses her strength in order to win. *Middle Left Bottom.*

Driven

to tackle

Potent, effective, powerful, and forceful. Wrestlers this year started off with a positive mindset with hopeful and supportive teammates. All athletes were driven to be winners with the help of Coach Garone. Coach Garone has years of experience wrestling and started coaching his sophomore year of college. This year is his first season as Ludlow High School's wrestling coach. According to Garone his goal for the team is, "to wrestle tough, keep improving, and to help build this team to be great in not only wrestling but in life as well." Although he was not the coach last year he sees that Ludlow wrestlers are always determined to work hard and to compete with confidence.

This season senior KJ Sotomayor was nominated as Wrestling's Peak Performer. Throughout his wrestling career, Sotomayor has had many accomplishments. One significant accomplishment was reaching his 100th win on December 8th, 2018. In total he has had 113 wins and as a result he has been accepted to Western New England University and will be a part of their wrestling team in the Fall of 2019. Being the supportive team they are, all of Sotomayor's teammates were proud of him. Senior Benjiman Shaw gives his opinion by saying, "We're a solid team, but we struggle with depth, our team has lots of hard workers which makes up for the lack of players." Shaw has been apart of the team for about four years and considers himself to be a leader.

Juinor Jaiden Giza reflects his teams best ability by saying, " Our team communicates and takes pride in watching and motivating one another on the mat". Throughout their season, the Lions never fail to keep a positive attitude. They stuck together, win or loss.

"We work really hard during every practice and never get easy days."

GABRIELLE WALCZAK, 2020

"Practice helps me be more aggressive during matches and gives me the drive to win."

KJ SOTOMAYOR, 2019

"Practice helps me get mentally strong, as well as more focused physically."

ALEXANDRA FORMEJTSER, 2021

Driven

to carve

The ski team of 2019, through many obstacles, shredded through this season. Sophmore Drew Woishnis reveals that this season was really fun and the team overall showed a lot of improvement. Many of the skiers compete for the enjoyment of it all and the company of each other.

With practice and the support of their peers, Sophmore Adam Lima and Freshman Connor Gravelin reached their personal best of 50.59 and 1:03.94. Teammates such as Senior Jessica Parker express that practice can really enhance your turns, unite the team before the season, and prepare you for the games ahead making it a very important part of preparing for the season.

Finally, it may be concluded that the LHS ski team improved in this season then they did in the last. Not only with their personal bests but also with their friendships and understanding of one another. Some members of the LHS ski team can be seen saying that they have gained a mutual respect for each other after spending so much time together.

SAY CHEESE!. Seniors Savannah Gay, Audrianna Cope, and Allison Brissette prepare before their individuals race. *middle left*

SHRED! Number 96 shreds through the PVIAC individuals championships. *main photo*

GAME FACE! Junior Emilie Hoffman poses with excitement and readiness before her race. *middle right*

"Practice helps us race because it gives us a chance to practice our runs."

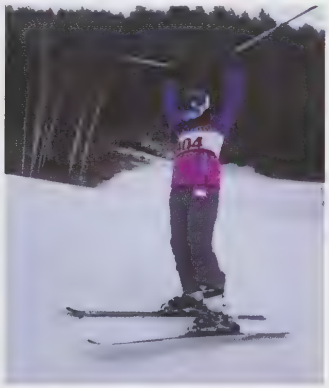
NOAH CABRAL, 2020

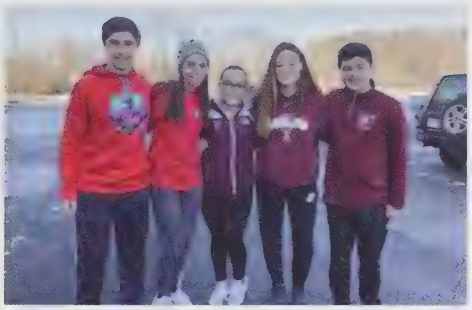
"It's more to have fun, a lot of kids do it just to have ski."

OWEN KELLIHER, 2019

"Our coaches do a great job of teaching us the correct form."

CHLOE BENARD, 2021





"Admitting to defeat is hard but we keep practicing."

SAVANNAH GAY, 2019

"Being defeated makes you more motivated to do better and keep pushing on from whatever is preventing you from doing better."

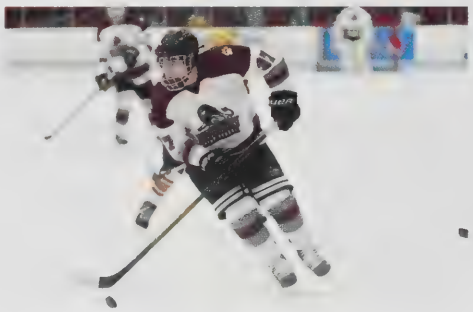
AUDRIANNA COPE, 2019

"By not letting it ruin your attitude. Think about what I did wrong and adjust accordingly."

DREW WOISHNIS, 2021

scoreboard

	US	
Boys Race 1	140.12	
Girls Race 1	236.62	
Boys Race 2	126.75	
Girls Race 2	229.94	
Boys Race 3	122.19	
Girls Race 3	217.01	
Boys Race 4	122.03	
Girls Race 4	206.82	



"After a defeat the team leaves it behind us and we move on."

AIDAN MCBRIDE, 2019

"After a defeat we focus on the next game and don't dwell on it because everyone has bad games."

COLLIN SIWICKI, 2021

"After a defeat we have harder practices and push ourselves to do better than the last."

BRENDAN GOMES, 2022

scoreboard

	US	Them
Chicopee	03	05
South Hadley	03	02
Chicopee Comp.	02	02
Waconah	05	01
Minnechaug	00	05
Amherst	02	04
Southwick	06	01
Drury	06	02
Mount Everett	07	01
Overall 8 -10-1		

PASS. Freshman Colby Palmer passes off the puck onto Senior Brennan Madru during a run of the game . *Main Photo*

ON THE LOOKOUT! Senior Michael Young scouting out the opposing players and getting ready to defend the goal. *Right page, center photo*

BREAKAWAY. Senior Ryan Van Wart gets a breakaway and is getting ready to shoot. *Left page, bottom row, middle. photo.*

Driven

to face off

The Ludlow Lions hockey team had another well played season this winter. The team had a record of 9 wins, 10 losses, and one tie game throughout the the winter season. Unfortunately, the hockey team just narrowly missed making the post season playoffs. However, their team efforts and collaboration was the spotlight of the season. With a bunch of young talent from the freshman, varsity is looking to build a stronger team.

The boys got along well which helped build chemistry between the new players. They held frequent group dinners and bonding events. The team understands that communicating and working together is imperative outside the rink as it is inside the rink.

With many players graduating this year, the team will have more spots available for incoming freshman. Coach Rivest mentioned the search for "young talent" during the pre-season tryouts and there will be plenty coming next winter.

"During practices we run through drills and get ready for the next games."

BRENNAN MADRU, 2019

"It helps us work on our chemistry which helps us play better as a team."

COLE MOUTINHO, 2019

"During practices we usually run through conditioning, practice specific skills and work on our weaknesses."

JOSHUA DAGENAIS , 2020

Driven

to dart ahead

Over the winter season the indoor track team has jumped to new heights and ran to new goals. This year the indoor track team added on Brian Walsh as the head coach. Walsh has coached the girls spring track team for many years and looks forward to sharing his experience and knowledge with the indoor team moving forward.

This season the team competed in a total of 7 meets. Each meet came with its own successes and challenges, but in the end athletes on this team were recognized for their hard work. For example Chantz Mc Lean is Ludlow's first indoor track and field WMass champion. Chantz won shot put and holds the school record with a length of 44 ft and 7.5 inches. Other athletes on the team such as Anthony Vieria, Jocelyn Trajkovski, Jacob Dias, Darren Peabody and David Keroack along with Chantz qualified for the divisional state championship.

The boys crushed their competition with an overall record wining score of 85 points. The girls team also dominated an opposing team Sci-Tech, with a score of 89, one of the best performances by the girls team. Although this team only became a part of LHS a few years ago it earned a respectful reputation.

SPRINT: Senior Bridget Murphy is leads the race in the top left corner.

THROW: Sophomore Tatiana Lamas gives the shot put her all in the center.

OVERTAKE: Sophomore Jacob Dias passes one of his opponents, seen in this photo on the bottom.

"Practice makes me a better athlete because it makes me stronger."

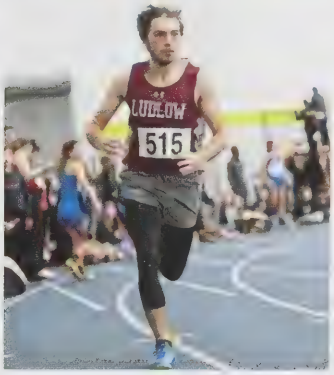
CHLOE HOMANS, 2022

"Practice helps improve our athletic abilities by allowing us to test and push ourselves to do our very best."

RYAN MOYLAN, 2020

"If you put more effort into your practices it will help you perform better."

JOHNNY JAWORSKI, 2020



"We all remember defeat, so it makes us practice harder to get better so we can overcome defeat the next meet."

JACOB VAUTRAIN, 2020

"We recover from defeat by pushing ourselves during every practice, the whole team is very supportive of each other."

GRACE MCCARTHY, 2020

"Knowing that there will always be another race to improve on."

AUTUMN SNOW, 2021

scoreboard

	us	them
Baystate Academy (Boys Track)	61	20
South Hadley (Boys Track)	27	59
Baystate Academy (Girls Track)	81	10
South Hadley (Girls Track)	24	71
Greenfield (Boys Track)	45	49
Hampden Charter (Boys Track)	58	19
Greenfield (Girls Track)	53	42
Hampden Charter (Girls Track)	62	33
Overall Record (Combined) 00 00		10

"Dry lands really worked my muscles. The easiest thing was the day after a meet, reflecting our win and taking the day easy. My goals were to qualify in every relay and to continue breaking our relay times."

ADAM DACRUZ , 2019

"The hardest thing is being tired and working hard in practices and meets. The easiest part was the days after meets where we had an easier practice and spent time talking about the meet. My goal for the season is to break the school record."

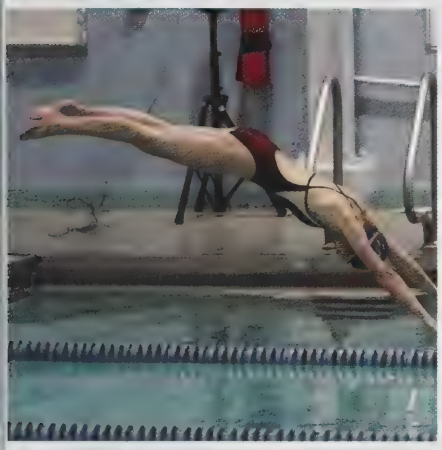
ADAM WEHNER,2020

"It isn't so hard but the competition is good for us. The team is the best apart of it. The chemistry and being exposed to different people is great. Goal was to become league champs for the second year in a row."

KILIE BAZINETE, 2021

scoreboard

	us	them
Palmer High School	106	57
Monson High School	108	63
South Hadley High School	41	53
Renaisance High School	133	21
Palmer High School	102	67
Turner Falls	112	48
Sci Tech	136	14
Holyoke High School	131	23
Sci Tech	135	24
Ludlow Public Schools 9 1		



KEEP SWIMMING! Senior Emily Mullin swims her final lap through the pool during Senior Night.

GO! SWIM! GO!. Teammates cheer on as senior Adam DaCruz gets ready to set off on a race!

DIVING IN! A sea lion soars across the pool in her race to make the team proud!

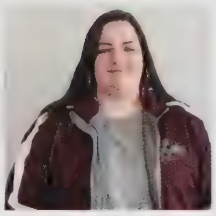
Driven

to splash

Take your mark, GO! Having been undefeated in the 2017/2018 season, Coach Shelly Pennington wanted to make sure her team was well prepared to have another amazing season ahead of them. With a strong team, and even stronger team work, the season was off to a great start. The boys team took down one Ludlow High School record during their first meet against Palmer High School, and there was more to come right around the corner.

As the season progressed and it looked like history was going to repeat itself for the second year in a row, the team began to fight harder and began to complete and conquer more. In the end of the season the girls team came out on top as League Champions, and many of the swimmers went on to compete in the Fast Chance competition, and the boys went to take on States at Springfield Collge. The teamed dived in and soared through another great season!

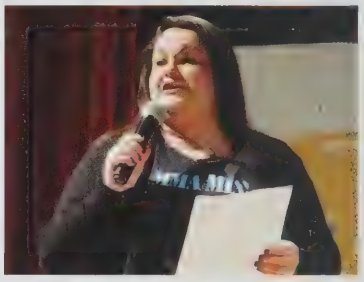
"A negative about practices and meets is sometimes it is hard to be proud of everything you do, but we always have a team to tell us that we did better than good enough."
ALEXA SULLIVAN,2019



"A negative about practices is that a lot of people believe they cannot do it, and discourage themselves. A positive is that everyone is very encouraging. My goal is to become league champions"
HAILIE ALVERANGA, 2019

"As hard as practices can be, it is well worth it when the team comes together at meets and everybody is helping one another with anything they can.Goal was to have a good first and last season!"
CAITLIN PLOURDE,2019

MAMA MIA!

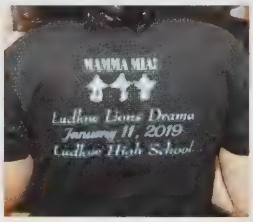


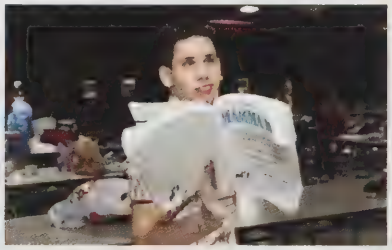
"Mamma mia, here I go again

My my, how can I resist you?

Mamma mia, does it show again

My my, just how much I've missed you?"





Art Club

Painting beautiful murals and making seasonal crafts are some of the many fun perks of art club. It is a great way for students to express themselves through their art. "Art club is designed to help kids be more expressive." says art teacher Mr. Smith. Students get more individual help learning that they may not have privilege to during class. "Working on projects from class and creating things that I don't have the materials for at home" are a few things that Kaylin Anderson expresses are useful in art club.

Finn Mateus, Faith Freniere, Annika Gaouette, Mackenzie Murphy, Savannah Switzer, Aislinn Rys, Cas Andle, Jasmine Ferreira, Kaylin Anderson, Amelia Valadas, Luke Casagranda, Jade Bamford

As Schools Match Wits

The Ludlow High School's As School Match Wits team, shows off students who are not only smart but know how to think fast and get down to business. The team is made up of three Ludlow High School seniors, one junior,and one sophomore, who all took a test, that was open to the whole school, that determined if they could make the team and compete against other schools on live television. The team goes all different places and proves their strong teamwork and intelligence against many other schools surrounding Ludlow.

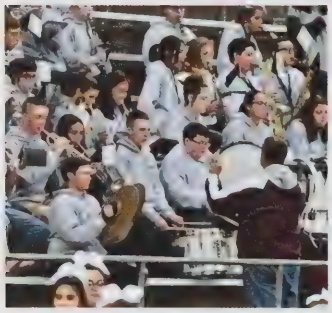
Max Morel. Joel Freitas, Kathleen Gallagher, Matthew Tibbitts.

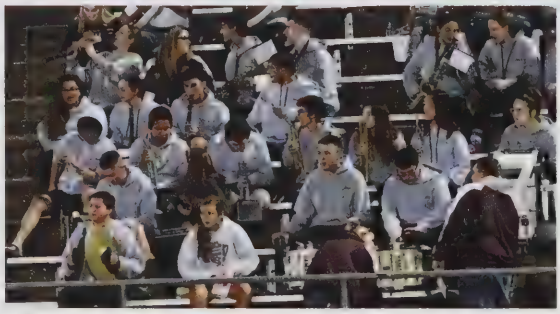
Best Buddies

Alexa Sullivan, Brianna Walas, Dominic Jessup, Jillian Allair, Alyssa Moore, Amelia Jarzabek, Jacob Koziol, Maddock Collins, Travis Field, Grace McCarthy, Kassandra Muise, Jennifer Kania, Kylie Montemagni, Meaghan McGuinness
Jessica Parker, Sofia Tulik, Kayla McKay, Kaytlyn Fernandes, Zoey Hutchinson, Emma Binette, Jenelle Hurley, Emma Forcum, Victoria Melanson, Olivia Parker, Kacey Bailey, Jonathan Rumplik, Brielle Hamel, Carlie Smith, Gabrielle Walczak, Sara Killeen

Best Buddies is an international organization that seeks to pair students together for a one to one friendship. Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD). Our programs empower the special abilities of people with IDD by helping them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self-advocacy and communication skills, and feel valued by society.

Band





There is nothing like listening to band play at their concerts or getting emotional as they play at graduation. Students in band are passionate about their craft. Almost as passionate as their director, Mr. McAvoy.

Front Row (left to right)
Brendan LaFleur, Kassandra Muise, Maliyah Sanchez, Vanessa Table, Michael Cassidy, Sofia Fonseca, Johnny Jaworski, Alyssa Moore, Emilie Hoffmann
2nd row (L-R)
Gizzelle Ashley Abanador, Sierra Gosselin, Isabella Martinez, Kacey Bailey, Leah Keating, Sydnie Germain, Kayden Singleton, Jonah Park
3rd row (L-R)
David Keroack, Landon Norris, Mackenzie Charest, Maxwell Zukowski, Peyton Dzierwinski, Thomas Pearson, Gianna Santucci, Jennifer Kania, Rachael Wilson, Hanna Park, Karissa Cropanese
4th row (L-R)
Fiona Elliott, Sarah Kites, Emily Singleton, Loren Horton, Joshua Saloio, Ian Kim, Jolie Gaffron, Lucas Mowry, Emily Mullin, Aaron Harris, Aaron Turgeon, Andrew Morris, Jacob Dias, Connor Brown
Back Row (L-R)
Mr. McAvoy, Jacob Dufour, Daniel Dantas, Luke St. Jacques, Arayah Remillard, Liam Smyth, Benjamin Guerin, Matthew Tibbitts, Yvonne Bastos, Jacob Huber, Alexis Bragga
Missing:
Catarina Ferreira, Whitney Scott, Ryan Roberts, Emily O'Connor, Gabriel Simard, Theresa Moret

Bowling

The Bowling Club is a great team that works and improves together. According to the team leader, Jonathan Mitchell, "We're a team that has a lot of fun, and supports each other regardless of ability and skill level". Mitchell has been running the club for three years and has personal experience was excited to lead the team and teach new skills to newcomers. The club's best feature is the ability to have fun and make everyone feel welcomed to be there and to join. As a result of hard work and having fun the LHS Bowling Club was able to field two teams in the league this year. They will make it to the Bowling State Championships in March of 2019.

Andrew Caron, Casey Crowther, Aaron Harris, Amelia Jarzabek, Jacob Koziol, Brendan LaFleur, Jared McCarthy, Emily Midwood, Max Morel, Andrew Morris, Emily Rua, Luke St. Jacques, Justen Torres, Joshua True

Chorus and Chorale

If one was to walk through the halls periods one through four, they would be graced with the glorious sounds of the chorus, mens' chorus, and chorale. This dedicated group spends time both in school and after school to practice and perfect their harmonies and solos. They show them off during our numerous music concerts and competitions. Every year the members of chorus also participate in the singing Valentines. For a small fee they will show up and sing a beautiful love song to whomever you so choose.

Chorale: Brielle Hamel, Tristan Maynard, Brady Duquette, Carter Blakely, Mackenzie O'Donnell, Adam Wehner, Joshua True, Berkant Boluk, Christianna Alves. Emily Rua, Alina Banas, Rebecca Wehner, Nathan Doyle, Justen Torres, Sara Ketchale, Alora Bertini.

Cooking

The LHS Cooking Club is ran by Mrs. Benard. Like many other clubs Cooking club is a place where you can meet new people and expand your horizon. Ever since last year they've became more organized, and have had a few guest speakers. The Cooking club separated into groups to do a brownie bake off, together they worked to see who could make it the best brownies.

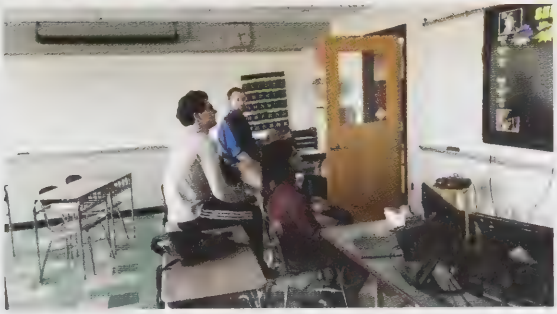
Cooking club members - Sabrina Barroso, Emily Godek, Jacinda Hewes, Jada Hewes, Ariana Kilduff, Garett LaDuke, Aliyah Leary, Nina Lussier, Moira O'Sullivan, Alexa Sullivan, Mia Mckenney, Aaron Picard

Faith

The goal of faith club is to know God and to make God known to those individuals who are seeking a better understanding of faith in an open and safe space. Faith Club is ran by Ms. LaValley, and gives students a sense of friendship and fellowship with fellow students who share similar beliefs to them. F.A.I.T.H. club members are encouraged to share their faith and lead bible studies for anyone who is seeking a better understanding or relationship with God.

Gaming

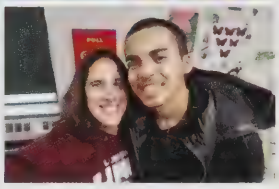
The Games Club, held in Mr. Snow's classroom, has been a hit with students and teachers alike since its inception in 2013. Many people have joined the club throughout the years, and it's been very popular. The video games played there this year include Super Smash Bros. games various installments of the Mario Kart franchise, Runbow, Mario Party 8, Dragon Ball FighterZ, F-Zero X, and Star Wars Battlefront II. Along with the various video games, a variety of board games are there as a second attraction. The club has been given plenty of positive remarks. Personally, I think it's a good place to meet more people who are passionate about video and board games as well. Roster (Not all pictured): Justin Dias, Dillan Craven, Gabriel Simard, John Collins, Ethan Alves, Jacob Dias, Joshua True, Adam Dacruz, Isaac Pedro, Yvette Lauzon, Andrew Duquette, Michael Pedro, Dyani-Janelle Reyes, Finn Mateus, Brendan Hiller, Joshua Saldana, Jacob Koziol, Jacob Vautrain, Xhavair Linton, Justen Torres, Luke Morin, Kyle Nunes, Zakary Guertin, Darren Peabody, Maxwell Mortimer, and Berkant Boluk. Advisor: Mr. Matthew Snow



French Club

Do you have a passion for francophone culture? Then French club is the place for you. This year Monsieur Tendeng took over the responsibility as the clubs advisor. The French club had had many celebrations for holidays such as Christmas and Mardi Gras. Members brought in snacks, created masks and costumes and watched festive films. Members of the club include: Amaka Agozino, Isabella Eskett, Patrick Eagen, Aidan Robert, Katherine Tassinari, Grace Dinelle, Gianna Santucci, Maxwell Mortimer, Megan Lyonnais, Jacqueline Lindsey, Gabriella Black, Elsa Ouimette, Szymon Tylec, Shayba Safi, Elma Kolenovic, Brianna Walas, Amanda Jefferson, Amanda Lindsey, Nicholas Fortin, Garett LaDuke and Kathleen Gallagher.

GSA Club



Looking to celebrate diversity? "This year, GSA is more of a social group, where the students can meet other like-minded peers and discuss events, ideas, and current issues. They also provide support for each other with any personal struggles or problems they may be facing. GSA would like to convey that with diversity comes strength, and that no matter how a person may identify, we share more similarities than differences. GSA meets every Wednesday at 2, in C207. " - Club Advisor, Heather Pighetti

Come together!

Leading Lions

Leading Lions is a club that is run by Mr.Halpin. This club is dedicated to leadership and helping others. Something unique about this club is that the participants must be chosen by a teacher in order to be a part of the club. "It's an honor to be in this club because it consists of a group of individuals who are all dedicated to helping others in their community." Senior Max Morel Some things that the leading lions have done in the past are the Joshua Desforges challenge, freshman orientation, volunteer opportunities at Vets park, open house, East street field day and many more. "It brings a lot of volunteer opportunities which can be not only used as community service hours but also a way as giving back to your community" Senior Danielle Goncalves says.

Stephanie Afonso, Amaka Agozino, Karalynn Aguilar, Hannah Albright, Natalie Alves, Miranda Balbino, Saliha Bayrak, Brian Beem, Anna Belculfine, Caleigh Bingham, Camden Blackburn, Jade Blake, Ashlee Bourcier, Arianna Bourgeois, Alexis Bragga, Ryley Breault, Allison Brissette, Samantha Calvao, Bianca Carrington, Luke Casagranda, Abigail Casagrande, Ryan Cave, Mackenzie Charest, Grace Chartrand, Emma Chevalier, Catherine Chmura, Shauna Conroy, Audrianna Cope, Kayla DeCaro, Justin Dias, Olivia Dinis, Hailey Dowling, Caitlyn Emirzian, Olivia Esempio, Isabella Eskett, Brian Fernandes, Catarina Ferreira, Allison Fiorentino, Joel Freitas, Kathleen Gallagher, David Gamache, Jack Gamache, Savannah Gay, Jensen Giroux, Sophia Giza, Gabrielle Godbout, Danielle Goncalves, Nicholas Goncalves, Sadie Goncalves, Samantha Goncalves, Tea Goncalves, Tyler Goncalves, Nicholas Gregoire, Maya Grywalski, Aliyah Haigler, Rebecca Hall, Brielle Hamel, Olivia Henry, Emilie Hoffmann, Nathaniel Homans, Meghan Huber, Arda Ibas, Julianna Johnson, Mary Jordan, Tugba Kahveci, Jennifer Kania, Elma Kolenovic, Christian Kopec, Sidney Kornacki, Natalia Lachut, Garett Laduke, Emily Lima, Amanda Lindsey, Brennan Madru, Hannah Makuch, Sofia Manuel, Sara Maria, Ashley Marini, Grace McCarthy, Nicole McCarthy, Meaghan McGuinness, Kayla McKay, Jesse Mendez, Marisa Mentekidis, Peter Mentekidis, Emily Midwood, Jonathan Mitchell, Abigail Mongeon, Kylie Montemagni, Alyssa Moore, Max Morel, Andrew Morris, Cole Moutinho, Bridget Murphy, Paige Nemeth, Moira O'Sullivan, Ariana Ortiz, Jessica Parker, Darren Peabody, Patrick Pecak, Harmony Picard, Amanda Poirier, Ethan Provost, Mattingly Provost, Hannah Robinovitz, Kathleen Rooney, Meg Rose, Emily Rua, McKenna Ryczek, Lauren Saloio, Elizabeth Salvas, Whitney Scott, Meghan Seligman, Paige Simard, Amelia Smith, Carlie Smith, Alexa Sullivan, Abigail Sweeney, Juliann Szemela, Mary Tessier, Jenna Thompson, Matthew Tibbitts, Angela Tobiasz, Justen Torres, Jocelyn Trajkovski, Kaleb Valadares, Amelia Valadas, Jacob Vautrain, Brianna Walas, Gabrielle Walczak, Tesha Ward, Adam Wehner, Rebecca Wehner, Sedona Wikar.

Math Club

The Math team had a fantastic year as a competition club. Advisors Mr. Pires and Mr. Martin enjoy sharing their love for math in a different setting. Yes, the club does math competitions. In fact they came in 9th out of 20 Western Massachusetts teams. They earned 111 points to do so.

It is not all hard work as the members also do fun things like celebrate Pi day by enjoying another type of pie (see pictures at right.

Marissa Balbino, Brianna Walas, Emily Haryasz, Garett LaDuke, Matthew Tibbitts, Ashley Haryasz, Olivia Dinis, Karalynn Aguilar, Rebecca Hall, Miranda Balbino

National Honors Society

NHS has requirements to get in. It allows students to be more involved in their community by having their members be apart of many community service projects . NHS meets the first and the third Monday of each month in room E212. Mrs. Stratton and Mr. Mason are the two directors of NHS. Mrs. Strattton who has a been a director for NHS for six years, says her favorite part of NHS is working with the students. She says they are a great group of students and she wouldn't have had the opportunity to meet them if it weren't for NHS. Mr. Mason started being an NHS adviser September of this year, he enjoys the leadership students bring to the organization and there passion for others. He states that students should be apart of NHS because it is a great way to be recognized for their hard work in the community and in school. NHS serves to recognize amazing students that display the characteristics of leadership and excellence.

Ping Ping Club

The ping-pong club is alive and well here at LHS. Mr. Vamosy has been the advisor for over five years. Every week a consistent five to ten members come together to compete and show off their skills. Although secretary Jacob Vautrain is widely known as the best player, fellow junior Nathaniel Homans is closing in on that title. Once track lets out, Mr. Vamosy says they can get ten to fifteen extra members.

Officers:
President: Brianna Walas
Vice President: Caitlyn Emerzian
Secretary: Jacob Vautrain

Portuguese Club

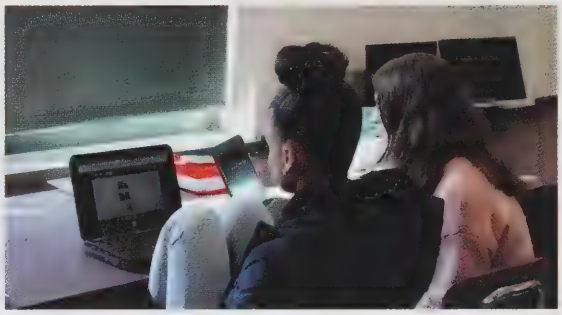
Olivia Crespo, Megan DaCruz, Chloe Homans, Nora Goncalves, Jessica Morgado, Elizabeth Pereira, Hayden Potorski, Sofia Ribeiro, Gabriel Simard, Gabriel Afonso, Jason Almeida, Kyle Almeida, Lizette Alves, Yvonne Bastos, Alora Bertini, Amber Blake, Sara Costa, Emma Cote, Karina Dias, Jessica Dobek, Andrew Ferrara, Liliana Ferreira, Kyle Fontoura, Kali Grimes, Tatiana Lamas, Ethan Lapa, Adam Lima, Stephanie Martins, Ana McDonald, Joao Pontes, Catarina Pires, Jillian Procon, Juliet Ribeiro, Samuel Riley, Kaitlyn Rodrigues, Lucia Sanches, Alexandria Spedero, Drew Woishnis, Gizzelle Ashley Abanador, Stephanie Afonso, Karalynn Aguilar, Ryley Breault, Lara Cadete, Matthew Cruz, Kobe Dias, Olivia Dinis, Baylee Edwards, Olivia Fernandes, Emily Ganhao, Rebecca Hall, Caleb Hansen, Nathaniel Homans, Julianna Johnson, Jennifer Kania, Abigail Magee, Ryan Malaquias, Sara Maria, Kayla McKay, Michael Morgado, Kassandra Muise, Mari O'Shea, Julia Potorski, Alexander Robak, Sierra Rodrigues, Maegan Santos, Paige Simard, Tyler Sousa, Nicholas Street, Nicholas Teixeira, Jocelyn Trajkovski, Kaleb Valadares, Amelia Valadas, Sedona Wikar, Evan Wurszt, Jake Wyllie, Camden Blackburn, Jade Blake, Samantha Calvao, Audrianna Cope, Adam Dacruz, Justin Dias, Patrick Eagen, Brian Fernandes, Rafaela Fernandes, Joel Freitas, David Gamache, Jack Gamache, Nicholas Goncalves, Zachary Grimes, Arda Ibas, Ryan Johnson, Emily Lima, Xavier Lamas, Michael Medina, Jesse Mendez, Cole Moutinho , Kathleen Rooney, Lauren Saloio

Spanish Club

The Spanish Club is the perfect club to join and learn all about the various Spanish cultures. This club helps students embrace Spanish culture while also teaching them about the different perspectives each country has. Each time they meet an activity is done that corresponds with a certain country and tradition. Spanish club meets on Wednesdays after school in E205. Anyone is welcome to join, even if you don´t take Spanish in school. If you have any questions see Señora Renta or Señora Sierra for more details!

Roster: Notavious Andino-Galarza. Jade Bamford, Ashlee Bourcier, Connor Brown, Fiona Campbell, Mackenzie Charest, Grace Chartrand, Hailey Dowling, Christopher Fogg, Jolie Gaffron, Jensen Giroux, Samantha Goncalves, Tea Goncalves, Ryann Guthrie, Brielle Hamel, Dyani-Janelle Reyes, Leah Keating, Elizabeth Kopec, Hannah Makuch, Grace McCarthy, Nicole Mccarthy, Kayla McKay, Brianna Monsalve, Alyssa Moore, Kassandra Muise, Hannah Nilson, Moira O'Sullivan´Sullivan, Jaiden Oyague, Grace Peltier, Elizabeth Pereira, Kendall Peters, Juliet Ribeiro, Austin Rock, Kaliemuel Rodriguez Nieves, Kimberly Santos, Donovan Stachowiak, Alexa Sullivan, Matthew Tibbitts, Jacob Wadas

Yearbook

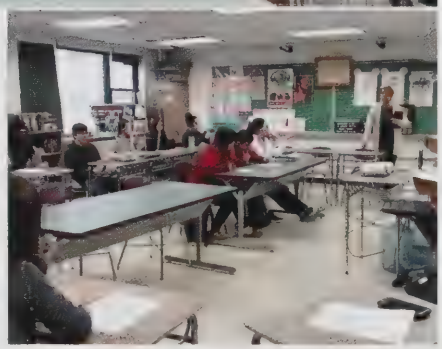


The Yearbook Organization is a class elective and a club. The Yearbook team, also known as "yerd herd" is responsible for creating and designing the high school´s yearbook each year. The tasks include getting full coverage of academics, sports and extracurricular events. LHS´s yerd herd works hard to finish the book in a timely fashion, while interacting with the many diverse activities that happen throughout the school. The mission in Yearbook is to collect all the special memories every year at Ludlow High and give students the captivating moments that will last forever.

Yearbook´s Head Staff:
Advisor: Mrs. Amber Kumpulanian
Editor-n-Chief: Rhettsmey Meak
Finance Editor: Morgan Cavanaugh
Sports Editor: Alexa Carner

Aliyah Haigler, Ashley Navarro, Autumn Haggerty, Brandon Bedore, Caitlin Plourde, Corbyn Beal, Destiny Williams, Gabriella Black, Jacqueline Lindsey, Madison Giebner, Marisa Mentekidis, Maureen Webber, Michael, Morgan, Sidney Kornacki

Student Council



From improving the school and being bombarded with deadlines, student council is responsible for making your years in high school the best years of your school life. Being a student council member means to dedicate your time and effort into making the school an all around better place and that is what these students do each time they meet and express their ideas for improving the school for all grades this year. Many students in student council have said this club helps as it brings student together as they come up with better ideas to improve the school.

Advisors: Mrs. Shannon Anderson

Class Officers

Class officers are responsible for field trips from freshmen to seniors and and creating the agenda for their appropriate class. With these responsibilities they help shape and represent their class and organize festivities for the year. Unlike student council, which represents the entire school, class officers represent only a single class. Although having these responsibilities can seem fun it can become quite overwhelming, says Freshmen president Aidan Marcinkiewicz.

Freshmen
President: Aidan Marcinkiewicz
Vice President: Fiona Elliott
Secretary: Sofia Tulik
Treasurer: Abigail Letourneau

Sophomores
President: Nolan Ayers
Vice President: Juliet Ribeiro
Secretary: Marissa Balbino
Treasurer: Dean Rodolakis

Juniors
President: Sara Maria
Vice President ; Matthew Tibbitts
Secretary; Amanda Poirier
Treasurer: Sedona Wikar

Seniors
President: Arda Ibas
Vice President: Max Morel
Secretary:Justin Dias
Treasurer: Amaka Agozino

Class of 2022 Officers

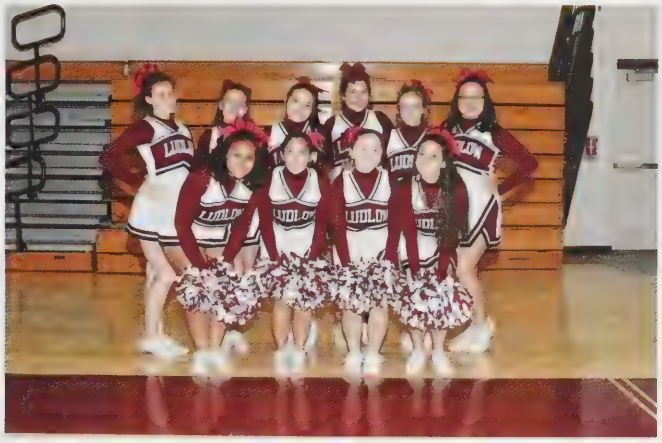
Class of 2021 Officers

Class of 2020 Officers

Class of 2019 Officers

2018-2019

Fall Season



Freshmen Boys Soccer: Devon Santos, Benjamin Angers, Joseph Quiterio, Dominic Mancuso, Alex Lourenco, Daniel Machado, Eldin Kolenovic, Tristan Valentine, Derek Deroin, Phillipe Freitas, Joshua Provost, Gabriel Simard, Joseph Goncalves, Isaac Pedro, Krystian Wojcik, Burak Ibas, Anthony Bourdeau, Lance Tomlinson, Jayden Borrero, Luke Rodrigues. Overall Record 7-0-2

Junior Varsity Boys Soccer: Jacob Wadas, Dominic Barroso, Matthew Cruz, Jack Serafino, Logan Flagg, Szymon Tylec, Andre Martins, Cody Blackburn, Nicholas Teixeira, Joao Pontes, Tyler Sousa, Samuel Riley, Drew Woishnis, John Riordan, Cam Sanderson, Alex Wurszt, Adam Makkiya, Jacob Glica, Michael Morgado, Donovan Stachowiak, Collin Laneiro, Nicholas Moore. Overall Record 12-1-4

Varsity Boys Soccer: Emilio Mancuso, Adam Lima, Michael Medina, Kobe Dias, Tyler Goncalves, Bugra Gokcek, Jack Gamache, Nolan Rosa, David Gamache, Jesse Mendez, Anthony Quiterio, Nicholas Street, Michael Riley, Malik Serisser, Zachary Grimes, Matthew Roda, Xavier Lamas, Cole Moutinho, Ethan Provost, Andrew Santos, Camden Blackburn, Michael Tuck Jr., Evan Wurszt, Michael Szewczyk, Ethan Lapa, Ryan Van Wart, Arda Ibas. Overall Record 21-0-3

Freshman Girls Soccer: Arayah Remillard, Alora Bertini, Karina Dias, Amber Blake, Sofia Ribeiro, Megan DaCruz, Aubrey Rosenblum, Lizette Alves, Jacinda Hewes, Alexandria Spedero, Chloe Homans, Jillian Procon, Brianna Purdy. Overall Record 4-13-1

Junior Varsity Girls Soccer: Isabella Provost, Sara Ketchale, Amanda Poirier, Emma Serisser, Olivia Crespo, Julia Brillo, Paige Simard, Lil

Varsity Girls Soccer: Carlie Smith, Baylee Edwards, Kali Grimes, Karley Aussant, Audrianna Cope, Lauren Saloio, Alexis Bragga, Maegan Santos, Ryley Breault, Taryn Miller, Mary Jordan, Kaylee Davis, Jocelyn Trajkovski, Maya Grywalski, Emily Lima, Samantha Calvao, Sara Costa, Hannah Albright, Kathleen Rooney, Kaitlyn Stephenson, Emma Cote, Grace McCarthy

Ludlow Golf Team: Hunter Asta-Ferrero, Ryan Belden, Ryan Colson, Eric Croteau, Jacob Dufour, Justin Dutton,Jacob Guyon, Caleb Hansen, Evan Libby, Aidan McBride, Andrew Morris, Aaron Picard, Colin Skelly, Cam Smith, Matthew Tibbitts, Michael Young. Overall Record 10-5

Freshmen Girls Volleyball: Anasandra Freitas, Julia Makusiewicz, Jada Hewes, Emily Godek, Angelina Provost, Aliyah Leary, Aislinn Rys, Kiley Szlosek, Mia McKenny, Catarina Ferreira, Aislynn Fontaine, Grace McBride, Sydnie Germain, Ariana Kilduff

Junior Varsity Girls Volleyball: Monika Lachut, Dyani-Janelle Reyes, Katarina Codding, Madison Peacey, Rachael Wilson, Hannah Nilson, Karoline Robak, Marissa Balbino, Sidney Kornacki, Alexa Formejster, Ardyn Dupuis, Liliana Ferreira, Jhulie Anne Kharen Abanador, Jhulie Gail Keziah Abanador. Overall record 15-5

Varsity Girls Volleyball: Bryanna Ferreira, Madison Giebner, Angela Tobiasz, Caleigh Bingham, Samantha Goncalves, Danielle Goncalves, Aaliyah David, Fiona Campbell, Kaylin Anderson, Sophia Giza, Meghan Seligman, Alyssa Moore, Juliann Szemela, Brianna Monsalve, Grace Chartrand. Overall Record 10-10

Varsity Football: Isaiah Almodovar, Logan Archambault, Zachary Archambault, Nolan Ayers, Tyler Barroso, Joseph Bates, Jamonte Beckett, Gavin Berube, Daniel Binette, Wyatt Chambers, Michael Clemente, Timothy Del Negro, Collin Doyle, Zachary Dunn, Jacob Ferris, Christopher Fogg, Taroy Freeman, Jeremy Garcia, Michael Gilrein, Jaiden Giza-Bilodeau, Louis Greenwood, Donald Gregory, Robert jr Gregory, William Hall, Michael Hastings, Andrew Hervieux, Thomas Hitchcock, Carson Kowalski, Jacob LaDuke, Cameron LaPatin, John Lewis, Jake Manewich, Tristan Maynard, Sean McEachern, Chantz McLean, Peter Mentekidis, Aden Morganstern, Philip Nguyen, Connor Peters, Mattingly Provost, Gregory Ricardi, Joshua Saloio, Benjamin Shaw, Joseph Snopek, Joseph Villano, Antwone Webb, Nicholas Wilken. Overall Record: 8-3

Varsity Cheerleading: Nicole Audet, Genivieve Bailey-Hanson, Arianna Bourgeois, Kayla Decaro, Jacqueline Doucette, McKylely Jerome, Alexandria Morris, Ashley Navarro, Ariana Ortiz, Tia-Marie Paine, Wriley Scott, Nikolette Sullivan, Brenna Sylvester.

Coed Varsity Cross Country: Brian Beem, Patrick Casagrande, Aidan Collins, John Collins, Adam Dacruz, Jacob Dias, Justin Dias, James Elliott, Nicholas Gregoire, Darius Housey, Jacob Housey, Jacob Huber, Johnny Jaworski, David Keroack, Leo Laguerre, Maxwell Mortimer, Darren Peabody, Gabriel Rivera, Colin Russell, Aaron Stasiowski, Gizzelle Abanador, Sabrina Barroso, Chloe Benard, Abbey Cameron, Savanna Charow, Fiona Elliott, Rafaela Fernandes, Kacie Goncalves, Hannah Lanzarotto, Yvette Lauzon, Nina Lussier, Stephanie Martins, Kayla McKay, Marisa Mentekidis, Kassandra Muise, Bridget Murphy, Elizabeth Pereira, Sofia Tulik, Kendyl Vermette, Gabrielle Walczak, Rebecca Wehner, Jessica Yoingco

2018-2019

Winter Season

Freshmen Boys Basketball: Anthony Bourdeau, Samuel Abdou, Eldin Kolenovic, Hayden Potorski, Jeffrey Russell, Joseph Bates, Nicholas Henry, Collin Doyle, Tristan Maynard, Elijah Adjei, Jake Brissette.

Junior Varsity Boys Basketball: Jamonte Beckett, Angel Andino-Galarza, Ethan Schwartz, Christopher Fogg, Jack Serafino, Michael Szewczyk, Kyle Fontoura, William Hall, Joshua Hurst, Jonathan Dubour, Joseph Villano

Varsity Boys Basketball: Nicholas Teixeira, Thomas Alves, David Rivera, Anthony Fortune, Michael Riley, Zachary Grimes, Samuel Riley, Thomas Hitchcock, Matthew Roda, Jacob Guyon, Tyler Sternowski Overall Record 0-19

Junior Varsity Girls Basketball: Olivia Crespo, Brianna Purdy, Wriley Scott, Jacinda Hewes, Fiona Elliott, Emma Serisser, Whitney Scott, Aislynn Fontaine, Emily O'Connor, Catarina Pires, Carissa Mendes, Trinity Lavallee

Varsity Girls Basketball: Arayah Remillard, Ana McDonald, Sydney Howard, Kayla McKay, Aubrey Rosenblum, Catherine Chmura, Mary Jordan, Sara Costa, Hannah Albright, Kathleen Rooney, Kali Grimes, Sadie Goncalves, Julia Brillo, Danielle Smith, Overall Record 0-20

Varsity Boys Indoor Track: Aaron Stasiowski, Anthony Vieira, Brian Beem, Cam Sanderson, Chantz McLean, Darius Housey, Darren Peabody, David Keroack, Dean Rodolakis, Dominic Mancuso, Jacob Dias, Jacob Vautrain, Jake Wyllie, James Elliott, John Collins, John Riordan, Johnny Jaworski, Kyle Goncalves, Mattingly Provost, Maxwell Mortimer, Nicholas Gregoire, Patrick Casagrande, Peter Mentekidis, Ryan Moylan, Theodore Zwinski

Varsity Girls Indoor Track: Abbey Cameron, Alexa Palazzi, Aliyah Leary, Angelina Provost, Ariana Freitas, Autumn Snow, Brianna Charow, Bridget Murphy, Bryanna Ferreira, Catarina Ferreira, Chloe Homans, Colette Trembley, Elma Kolenovic, Emily Godek, Grace McCarthy, Hannah Lanzarotto, Ipek Kuruca, Isabella Provost, Jada Hewes, Jessica Yoingco, Jocelyn Trajkovski, Kacie Goncalves, Karley Aussant, Kassandra Muise, Katelyn Fernandes, Kendyl Vermette, Liliana Goncalves, Maegan Santos, Mallory Pereira, Mari O'Shea, Hannah Nilson, Nina Lussier, Sabrina Barroso, Saliha Bayrak, Samantha Goncalves, Savanna Charow, Shayba Safi, Sofia Ribeiro, Sofia Tulik, Stephanie Martins, Taryn Miller, Tatiana Lamas, Tugba Kahveci

Coed Swimming: Matthew Baillie, Lucas Balula, Spencer Brice, Michael Cassidy, Adam DaCruz, Luke Page, Toby Page, Thomas Pearson, Joshua True, Aaron Turgeon, Adam Wehner, Maxwell Zukowski, Karalynn Aguilar, Hailie Alvarenga, Kilie Bazinet, Amber Blake, Emma Cote, Megan DaCruz, Alexis Dawson, Rebecca Hall, Chloe Ketchale, Kaylee Ketchale, Sara Ketchale, Sarah Kites, Natalia LaChut, Grace McBride, Emily Mullin, Kaylee Murphy, Makenzie Nally, Hayleigh Paine, Caitlin Plourde, Jillian Procon, Lillian Przybyl, Dyani-Janelle Reyes, Hannah Robinovitz, Alexa Sullivan, Savannah Thurber

Junior Varsity Hockey: Owen Fradette, Justin Clemons, Brandon Bedore, Aaron Picard, Ethan Clark, Eric Croteau, Nikolaus Soja, Jacob Costa, Max Sanderson, Matthew Favata, Anden Bavieri, Tyler Charest, Zach Tatro, Nolan Wikar, David Tassinari, Xavier Paulo, Brandon Gomes, Joseph Pires, Leo Laguerre, Jamie Duchesne

Varsity Boys Hockey: David Walsh, Joshua Dagenais, Collin Siwicki, Owen Fradette, Aidan McBride, Nathaniel Corbin, Michael Medina, Joseph Pires, Cameron Shute, Aaron Picard, Ethan Clark, Cole Moutinho, Jacob Burek, Betinho Terrinca, Nicholas Soja, Colby Palmer, Jacob Costa, Brennan Madru, Ryan Johnson, Michael Young, Tyler Charest, Ryan VanWart, Brandon Gomes

Girls Varsity Skiing: Hannah Arsenault, Marissa Balbino, Miranda Balbino, Chloe Bernard, Allison Brissette, Audrianna Cope, Savannah Gay, Emilie Hoffmann, Sara Maria, Nicole McCarthy, Meaghan McGuinness, Jessica Parker, Colette Trembley

Boys Varsity Skiing: Michael Bacon, Jacob Belden, Noah Cabral, Kieran Dowling, Connor Gravelin, Evan Grimes, Owen Kelliher, Cameron King, Collin Laneiro, Adam Lima, Jake Manewich, Nicholas Moore, Joshua Saloio, Cam Smith, Liam Smyth, Kieran Sugrue, Szymon Tylec, Jacob Wadas, Drew Woishnis, Marcin Wojcik

Boys Varsity Wrestling: Alora Bertini, Christopher Fogg, Alexandra Formejster, Michael Gilrein, Jaiden Giza-Bilodeau, Louis Greenwood, Xavier Lamas, Christian Mackenzie, Luke Morin, Philip Nguyen, Benjamin Shaw, Gabriel Simard, Kermit (KJ) Sotomayor, Gabrielle Walczak, Antwone Webb

Girls

Class of 2019

Wills and Prophecies

Seth Abdou: In ten years I will be working full time to support myself and continue performing music. To the classes of 2020, 2021, and 2022 I leave my best wishes for the future. I leave my slacking skills to my brother Sam.

Amaka Agozino: In ten years I will be a juvenile justice advocate, living in a city some where in Massachusetts with my fiancé and my dog. By 2029 I will have dabbled in acting, music, and movie directing. I will also have traveled the world and published my books that will be in New York Times Best Sellers. Also I will still keep in touch with all of my real friends. To Mrs. Kumpulanian, I leave our morning and afternoon chats with Morgan Cavanaugh. I give Mr. Fanning his wheely chair back, I leave Madame Cook all the surprises me, Garett, Patrick, and Izzy left in her room all the through the years, and I leave Mr. Olivera the Christmas sticks me, Patrick, and Izzy left in the heater. To Berkant I leave my seat on the bus, to Morgan Cavanaugh I leave my lunch table in the senior section, and I leave my sister all the crazy incoming classes she'll have to deal with.

Hannah Albright: In ten years I will be anywhere but here. To Arayah I leave my good ankle. To Kayla I leave my dance moves. And to Ryley I leave my sense of humor.

Nathan Almeida: To Jason Almeida I leave my crippling depression.

Hailie Alvarengo: In ten years I will be retired from serving in the Army and be a high school teacher or an elementary school teacher. To Ludlow High School I leave my little touch of southern hospitality, lord knows y'all needed it. To Mr.Camp and Mr.Smith, I leave the memory of my presence, I know I was your favorite student. To the Class of 2020,2021, and 2022, I leave an undefeated streak for the Girls Varsity Swim Team, keep it going.

Arthur Alves: To Ludlow High School I leave my old gym shoes in the locker room and my study habits to Jake Manewich. To the Class of 2020, I leave soccer team skills.

Christianna Alves: In ten years I will be living a life that I am hopefully proud of. To Ludlow High School, I leave the patience of how to understand different people. To Mr.Henry, I leave the love of minor. To the nurses I leave the laughter of every time we worked together for my medicine. To Ms.Hedin and Mrs.Potter, I leave my love of books. To the classes I left behind, I leave school spirit. To Nate Doyle I leave the practice room, where you helped me become a better singer. To Brady Duquette I leave the happiness of being in the chorus room and aspiration to become a better singer and person.

Thomas Alves: In ten years I will be living the boss life at my beach home in Miami. I will be training my four year old son to be an MLB superstar so I don't have to pay for college. I will be big chilling. To Ludlow High School I leave my constant hallway disturbances. To Mr. Woodman I leave my humor and to Lattanzio I leave my heart and chicken. To Tyler Sternowski I leave my baseball abilities, and to Hannah Robinovitz leave my hollow head and senioritis.

D'aria Anderson: In ten years I will be a pharmacist owing my own company. I will be living in California with my two dogs. I will be driving a fully loaded Range Rover.

Kaylin Anderson: In ten years I will be living in a cozy home with lots of plants and animals, not worrying about making ends meets in a job I don't hate. To the classes I left behind, I leave the sense that you're not as small as you may feel. To Mr.Smith, I leave my thanks for not giving up on me like I did on several projects. To the Guidance Department, I leave my thanks for getting me through my worst years.

Hannah Arsenault: In ten years I will be a therapist and a licensed cosmetologist.

Saliha Bayrak: In ten years I will be... well you'll see in ten years. To Ludlow High School I leave all the "blessings" I have received throughout the years. To Mr. Phelon, I leave my love and respect, and to Mr.Fanning I leave my huge personality. To Elma Kolenovic. I leave my loud mouth and to Sedona Wikar, I leave my unique photography skills. To Autumn Snow I leave my on camera charisma.

Jillian Beaulieu: In ten years I will be living in my modern-ranch styled farmhouse, running my own interior design company, and making millions. To Ludlow High School, I leave my mental breakdowns in the library. To the classes I left behind the will to finish high school. To Josh Dagenais I leave Abreva, to Elma Koljenovic I leave, and to Amanda Poirier I leave period three snack time.

Molly Begin: In ten years I will be in Africa living my best life. To Ludlow High School I leave asbestos clean air and lead free water. To Mrs.Masse I leave my heart, to Mrs.Fernandes I leave grapes and cardboard boxes. To the classes I left behind, I leave nothing...good luck. To Julianna Johnson I leave my dogs.

Anna Belcufine: In ten years I will be living in a nice house far away from Ludlow with my husband and dogs. I will own a nice Range Rover that I will drive Harmony around and get our daily Dunkin. We'll visit Jenna in Nashville when she's famous and hangout together like old times. To Ludlow High School I leave the keys to the bathrooms. To Mr.Halpin, I leave my Dunkin iced coffee. To Lexie Carner, I leave my morning Dunkin runs before school and to Amelia Valadas, I leave the strength to make it through one more year. To Sam Riley, I leave the soccer jacket I never gave back.

Caleigh Bingham: In ten years I will be a forensic scientist working in Quantico, Virgina and living in a ranch styled house with my German Shepherd. To the classes I left behind, I leave the will to survive the rest of your years in high school. To Olivia Henry I leave my car and spot 203, to Julianna Johnson I leave our weekly Panacea trips, to Hannah Robinovitz our failing AP biology grades, and to Jillian Procon, I leave our daily Dunkin runs.

Camden Blackburn: To Ludlow High School, I leave 2018 Western Mass and State Championships trophies. To Mike Riley, I leave my ability to score free kicks (he will need it). To AJ Quiterio, I leave my fifa skills (he will also need it) and the 9 iron. To my brother Cody, I leave my parking spot. To Tyler Goncalves, I leave the job to win those headers.

Jade Blake: In ten years I will be helping children as a child psychiatrist. I will be driving my orange mustang convertible and taking trips to my winter log cabin with my family. To Ludlow High School, I leave all the drama you caused me. To the members of the Faculty I leave the miraculous grades I received in your classes without studying. To the classes I left behind, I leave a word of advice that school goes by too fast, so don't wish it away because when you do, you will want it back. To Amber Blake, Jillian Procon, and Adam Lima I leave the title "Allison lane Gang". To Jenna Branco, I leave my good luck to do well in school without studying. To my sister, I leave my best wishes for her to excel in whatever she sets her mind to.

Ashlee Bourcier: In ten years I will be working as a dental hygienist and owning many dogs. To Ludlow High School, I leave my NHS pass that I never found. To Mr.Augusto I leave the class song, "ABC" and my sarcasm. To the classes I left behind I leave my patience to make it to graduation day. To Kayla Bourcier, I leave my locker and "great" driving skills.

Arianna Bourgeois: In ten years I will be a nurse working at Baystate Hospital. To members of the Faculty, I leave my hatred for getting up at six in the morning everyday. To the classes I left behind, I leave the advice of showing up to school.

Justin Branco: In ten years I will be happy with everything in my life. To Ludlow High School, I leave the gender neutral bathroom after first lunch. To Dr.Johnson, I leave my respect. To Mrs.Valentine, I leave my jokes, and to Mr.O I leave my blue notebook. To my sister, I leave my 2004 Toyota 4 Runner, enjoy. To Amber Blake, I leave my inside voice.

Allison Brissette: In ten years I will be living the dream, saving lives as a nurse in the emergency room, living in a house in New Hampshire surrounded by my many cats and dogs, with my biggest problem being which of my 5-speed manual vehicles to take to work that day. To Ludlow High School, I leave my wasted money and tears over all the coffees I was forced to dump out. To the lunch lady, Helen, I leave the very best retirement. LHS will never be the same without you! To Emilie Hoffman, I leave my 402 bib and wishes for the best senior year! To Lizzy and Jake , I leave my superb driving skills, so no matter how late you guys leave, you will always get to school on time.

Elizabeth Burgess: In ten years I will be traveling around the U.S and Europe, learning as much about the world as I can and writing novels. Hopefully I will be financially stable enough to consider settling down, buying a house, and starting a family.

Samantha Calvao: In ten years I will be traveling the world with my husband, living my best life. To Kali Grimes, I leave a grave, to Kayla Johnson I leave my GPA, and to Ryley Breault, I leave my attitude.

Kevin Carlson: In ten years I will be in my own home with my own car and things. To Ludlow High School, I leave all the good times that I had. To members of the Faculty, I leave the laughs and good times in class. To the classes I left behind, I leave the locked bathrooms. To Joshua Disley, I leave my support.

Abbey Cassagrande: In ten years I will be living alone with twenty cavalier king Charles Spaniels and going to Walt Disney World every year. I will probably also be that one adult who still wears character pajamas like the guy next to me when I saw the Dragonball Z Super movie. To Ludlow High School, I leave my emo phase behind. To the classes I left behind, I leave all the tears I have shed on countess nights because of this school. To Patrick Cassagrande I leave mom and dad's hopes of having a successful child.

Ryan Cave: In ten years I will be anywhere but here! To Jaiden Oyague I leave my libero jersey. Don't lose to Minechaug! I leave this years boring and pointless work to this years juniors. Lastly, I leave my parking spot to Fiona Campbell. Good Luck!

Savanna Charrow: In ten years I will be living in a California mansion, working as a Marine biologist.

Grace Chartrand: In ten years I will be a rich actuary on my way home from work in my bright average jeep sahara top down passing by Malibu beach. When I pull in to my beachside mansion all 12 of my dog babies will greet me, life is good. To Julianna Johnson I will my only slightly better immune system as well as my senior section lunch seatl will Jake Manewhich my good grades and my great student- teacher relationship. Lastly, I will Sophia Giza my spot on the varsity Volleyball team.

Emma Chevalier: In ten years I will be the new owner of Shooting Star Dance Center, loving every moment of every day. To Mrs.Langone, I leave the cafeteria soft cookies. To Mrs.Roy I leave her never ending Starbucks addiction. To the classes I left behind, I leave nothing because I don't like people. To my future sister in-law Brianna, I leave all my favorite IEP teachers.

Catherine Chmura: In ten years I will be living in a house with 150 cats, hopefully working in a hospital. To Sophia Giza, I leave my parking spot #168 and my unbeatable grades.

Gianna Cirillo: In ten years I will be helping my family manage the family business, hopefully owning a nail business on the side.

Shauna Conroy: In ten years I will be studying wildlife around the world. To Leanne, I leave my class color and the courage you will need for the next four years, good luck.

Audrianna Cope: In ten years I will be working as a nurse practitioner in the NICU at Baystate Medical Center. I will be taking a lot of vacations and enjoying nature with my family. To Senhora Fernandes and Senhora Santos-Pones, I leave my mental breakdowns and motivations. To the classes I left behind, I leave the locked bathrooms. To Nick Moore and Adam Lima, I leave fun ski bust truck rides. To Juliana Johnson, I leave my sassiness and love for animals, and to Alexis Bragga, I leave my epic physical skills and food obsessions.

Casey Crowther: In ten years I will be operating a successful real estate empire. By this time I will be looking to shift my income to this source and effectively retire at a young age. To Ludlow High School, I leave all the knowledge I will never use again. To Mr.Woodman, I leave 50 plus points. To the classes I leave behind, I leave senioritis. To the bowling team, I leave the right to ask if people are ready to bowl.

Adam DaCruz: In ten years I will be living in a house with the love of my life and my dog. I will still meet with my close friends at least once a month and will have visited family in Portugal again. To Ludlow High School, I leave my TikToks @danamescruz and being the best at Fortnite. To Stephanie Fernandes, I leave my sarcastic comments and cookies and milk for breakfast. To Chris DaCruz, I leave being the superior DaCruz. To the Goncalves bros, I leave the SuperBowl LII, the last eagles SuperBowl win you'll live to see.

Kayla Decaro: In ten years I will be out of college working at Baystate Medical Center as a Nurse Pactitioner.

Justin Dias: In ten years I will be the truest me I can be, making change through art. To Ludlow High School, I leave my positive attitude. To Ms.Dupont, Mr.Cangemi, Mr.Rea, and Mrs.Gauvin, I leave my thanks for the encouragement and meaning I so desperately needed. To Jacob Dias, I leave an egg and my endless support, love you buddy. To JP, I leave the sickest of reads. To Jimmy Elliot, I leave my faith in you. To Sav, I leave my support and gratitude for yours.

Hailey Dowling: In ten years I will be either working as a police officer or dancing in New York City. Two completely different paths but either either way we are making money honey :). To Mr.O'Connor I leave new nike cortezes. To the underclassmen I leave the power to get through LHS. To Riley Hess I leave my parking spot and great driving abilities.

Zachary Dunn: In ten years I will be famous for something. To Ludlow High school I leave all my tardies. To members of the faculty I leave all my missing work. To the class of 2020,2021 and 2022I leave a league championship. To Alex Bauch I leave my blocking skills, to Chantz McClean I leave my tackling skills, to Carson Kwalski I leave my speed and hands. To Jamante Becket I leave my running back skills.

Patrick Eagen: To Mr.Bly I leave the pencils in the unamused entity.

Caitlyn Emirzian: In ten years I will be surrounded by the people I love. I will be working as a vet taking care all the beautiful animals.

Isabella Eskett: In ten years, Katie will have to remind me to go to work every morning. Brian and Abbey will still be blowing up 2 AM and Pat will still be working on project genius. My dog will still be driving me crazy and Garett will still claim that he bites.To Mr.Walsh I leave the screw driver I stole junior year. Yes, that was me. To the future AP French class, I leave the coconut flakes in the heater, good luck with that. To Berkant I will my permit so he can finally drive somewhere and get a job.

Brian Fernandes: In ten years I will be still living in Ludlow. and helping my mom out in the butcher shop. I will also still be trying to brat cuphead.

Rafaela Fernandes: In ten years I will be a pediatrician, lives in a mansion, within 3 bulldogs and always on vacation. I leave Lucia Sanches to dedicate the table in the library for all the times we play crazy 8 with our squad.

Bryanna Ferreira: In ten years I will be a physical therapist she gets to help athletes recover from injuries I will settle down in a nice house with a big yard and lots of dogs. To the members of the faculty I leave, to Mr Kudla, leave the book of his best quotes from freshman year.To the class of 2020,2021,2022 I leave Angie Provost and Chloe Homns my idea of a 20 minute run. To my brother and sister I leave the will to be here for many years from now, and my cramming skills.

Caterina Ferreira: In ten years I will be sitting on my couch watching television with my dog thinking about how much debt I'll have to pay off from college. To the members of the faculty I leave my thanks for getting me through these 4 years even though it definitely wasn't always the best. To the class of 2020,2021,2022 I leave my luck, you'll need it. Paige Simard leave common sense and luck to get through her last year. Savannah Thurber, I leave my love and strength to keep pushing through. Angelina Provost leave hard work,dedication, and leadership at track, keep it up.

Michael Ferrera: In ten years I will be an architect designing houses. I will be driving my nissan GT-R to work everyday in Texas.Maxwell Mortimer, I leave going to leave my locker and parking spot.

Jake Ferris: In ten years I will be doing pull ups on Muscle Beach. To Ludlow High School, I leave an asbestos removal phone number. To the classes I left behind, I leave a school free of blizzard bags. Christopher Fogg leave a throwing arm.

Nicholas Fortin: In ten years I will be helping the community, having a job as a fireman. To Mr.Camp I leave you all my math work. Mackenzie O'Donnell, I leave good memories and a want for more.

Ariana Freitas: In ten years I will be probably back in high school because I will be a gym teacher.

Joel Freitas: In ten years I will be looking at this contemplating whether or not I have done the best I could do. I hope the answer is no. To Gomes and Langone, I leave my half of D103.

Kathleen Gallagher: In ten years I will be 28 years old.

David Gamache: In ten years I will be hopefully graduated from college, working as a physicians assistant somewhere warm, starting a family. To Mrs.Fernanades, I leave an uncracked phone, to Mr.Walsh I leave my water bottle collection. Nicholas Street, I leave the ability to do a muscle up. Cody Blackburn, I leave a victory royale. Malik Serisser, I leave half a brain.

Jack Gamache: To Ludlow High School, I leave 2018 soccer state champion trophies. To Mrs.Fernandes,I leave my morning fifa knowledge. Ryan Malaquias leave my knees, to AJ, I leave my COD skills, and to Malik, I leave half a brain.

Jeremy Garcia: In ten years I will be coming back from the navy and surprising my wife by proposing and getting ready for our second child. To members of the faculty, you all have been very helpful and kind during my high school journey. Carson Kowalski, I leave my football skills.

Savannah Gay: In ten years I will be a Victoria Secret Angel, happily married to my handsome husband, driving my sparkly pink Lamborghini. I will also have twelve dogs and I will travel the world but always go to my home in Cape Cod. I will be living my life to the fullest. To Mr.Woodman and Mr.Lattanzio, I leave our lunches and FitBit jokes. I will miss you but I will miss talking about Nicky Latz a little bit more, see you on Christmas with Lizzy. I also leave the locked bathrooms LHS has to offer. Jessica Parker, I leave the LHS Ski team, good luck with all those boys and always #Shred4Nate.

Madison Giebner: In ten years I will be happy, with a husband and kids. I will have a nice home and job. To Ludlow High School, I leave the screwed up bathroom sign in sheets and the mold under the tiles. To the members of faculty I leave the annoying underclassmen drama, and the half completed homework. To the classes I left behind, I leave the locked bathrooms, and overly warm classrooms. Collin Siwicki, I leave my parking space. David Walsh leave my 4th period DLT stories, Cameron Shute leave my GPA (because you will need it), and to Justin Dutton, I leave my attendance (stop missing school).

Marisa Gil: In ten years I will be traveling the country as a part time photographer, when I am not traveling, I will be in my studio apartment in California with my two dogs, living as an Athletic Trainer; professionally of course. LOL.To Mr.Camp, I leave you Gerry - treat him well. To Andre Martins, I leave you Jesus, you are going to need him to get through this. To Sierra Gosselin, I leave nothing, you are welcome.

Jensen Giroux: In ten years I will be a successful teacher living in a beautiful home and married to my prince charming. We will have one child, a cat, and a dog. We will be enjoying luxurious vacations and living the dream while I still continue my dancing career and endless shopping sprees. To Ludlow High School I leave, my sparkling personality and never ending laugh. To Mr.Augusto, I leave my contagious smile. To Alexis Charter, I leave the best parking spot at LHS #602, to Olivia Henry, I leave my fashionable wardrobe, and to Kobe Dias, I leave my amazing dance moves.

Gabrielle Godbout: In ten years I will be making shmoney.To Mr.O, I leave an oxygen mask and my lungs. To Courtney Philpott, I leave patience and good grades. To Ryann Grywalski I leave my ability to always get my way and to Carson Kowalski, I leave my on camera charisma.

Danielle Goncalves: In ten years I will be still working at Big Y and hopefully buying a house with my own family. To Shelley, I leave our road trips. To Angela Tobiasz I leave my love for volleyball, to Sarah and Kaylee Arsenault leave my organization and my amazing grades, to Aaron Turgeon I leave my swimming techniques, and to Brady Duquette I leave all our late night dunkin trips.

Nicholas Goncalves: In ten years I will be out of college with my MBA and I will have a stable job working as a financial manager. I will still be driving my Nissan Altima and bringing Matt everywhere. To Ms.Gomes, I leave my loud remarks. To Emilio Mancuso I leave my pencil and to Caleb Hansen I leave my pen.

Sadie Goncalves: In ten years I will be the humble CEO of Walgreen's living in Colorado with my Rottweiler puppy, Maverick, but still having Hannah Albright as my neighbor. To members of the faculty I leave warm water ports, rose colored glasses, LV bags, wrestling expertise, Iam sessions, pill bugs, and por quem wao esquesci. To Ryley Breault I leave my iconic attitude, to Kayla McKay I leave my sick nasty basketball skills and gym gains, and to Kassy Muise, I leave my witty comebacks. Nora Goncalves, I leave the ability to get through these tedious four years.

Samantha Goncalves: In ten years I will walking the runway with Kendall Jenner.

Tea Goncalves: In ten years I will be working for ESPN, driving an all black jeep, living with my handsome husband, 2 dogs, and 4 kids in our huge mansion. Our mansion will be located between my two friends, Brianna Monsalve and Samantha Goncalves, who will be thriving along with me. To Mrs.Masse, I leave the ability to keep your sweet and positive personality. Kacie Goncalves, I leave you Masse's room. To Karina Dias I leave the back seat of my car, to Nick Moore I leave my excessive emotions and ability to get a new uber, and to Alyssa Moore, I leave your garage door opener, fireplace naps, Moe's trips, Super Mario tournaments, five minute parades and our awesomeness.

Devin Gosselin: To members of faculty, I leave my ability to turn a 12 into a 60 in the two days before grades close.

Nicholas Gregoire: In ten years I will be coaching some of the best track and field athletes that this world has to offer, whether it be high school level or Olympics level. I will be living the dream with a fancy car and wonderful wife to come home to. to Mr.Camp I leave my wonderful ability to grow a beard so he can have an impressive looking beard like myself. To Mr.Pires I leave my knowledge of Trivia. To the members of boys and girls cross country and track and field team, I leave my dedication and hard work towards the sport. Chantz Mc Lean leave all my upper body strength, so he can get even bigger. to John Riordan, I leave my skills at the game UFC 2 and to Ryan Moylan leave my cutoffs so he can wear even more cutoffs to practice, no matter the weather. Brian Beem, I leave a strong calf slap.

Robert Gregory: To Ludlow High school, I leave my skills of waking up at 7:14 and still be on time to school. To members of faculty I leave all my tardies. To the Class of 2020 I leave Carson's sty. To the class of 2021, I leave Christopher Fogg beauty and to the class of 2022 I leave dirt. Alexander Bauch leave my madden skills (you need them). Nolan Ayers and Christopher Fogg leave my throwing and kicking skills.

Zachary Grimaldi: In ten years I will be, hopefully, not in jail and owning my own business. To my little sister, I leave all the hard work and teachers I do not have to deal with anymore.

Zachary Grimes: In ten years I will be drowning in student debt with my wife and pet snail named Quicky. Kali Grimes, I leave my soccer skills and the ability to be more liked by teachers. Michael Riley leave my left foot and to Michael Tuck leave my car keys. Thomas Hitchcock, I leave my paint.

Maya Grywalski: In ten years I will be owning my own doctors office as a PA, living somewhere tropical with my 5 kids, husband, and of course driving around in my car with Gabrielle Godbout and Mary Jordan. To Mr.Augusto, I leave all my calculators because I would always use him. To Mr.Woodman my overuse of commas in essays.To Ryann Grywalski I leave my parking spot. To Alexis Bragga and Kayley Davis, I leave "brand new whip go no keys" and to Karely Aussant I leave my #15 soccer jersey.

Jacob Guyon: To Ludlow High School, I leave my front bumper on your speed bump.

Emily Haryasz: In ten years I will be a digital nomad who occasionally travels to Mexico in my van (aka my home) to legally smuggle life saving drugs over the border for a fraction (1/20 th) of the cost. #insulin4all. To all future vegans at LHS, I leave John Sakars U.S Vegan National Anthem.

Mike Hastings: In ten years I will be living in California in a big house. To Ludlow High School I leave all of my good times. To Mr.Lattanzio, I leave my ability to take attendance because you take too long. To the classes I left behind, I leave my ideas on how to not get caught. To friends at LHS, I leave the memories that make you laugh.

Arda Ibas: In ten years I will still be working at Six Flags trying t get promoted. Jack Gamache will still be playing fifa all day while Dave Gamache will still be taking his 4 hour long naps. Max Morel will still be working at Oscars and Xavier Lamas will still look big even though he doesn't work out. To Ludlow High School I leave lip singing battles we never won. To Mr.Martin I leave my sarcasm, to Mrs.Masse I leave my hate for realistic fiction, to Mr.Mulvehill I leave my love for the polis, and to all the faculty I leave them a message of thanks. To Matt Tibbits I leave my senioritis and my 5 mph ticket on the Mass Pike. I leave Dean Rodalakis my regular sized backpack and to Mike Gilrein I leave the power to pin Antwone Webb.

Dominic Jessup: In ten years I will be taking amazing photos all over the world.

Ryan Johnson: In ten years I will be working and earning that cash to support the family and get rich with a huge house and brand new whip. To Senhora Santos-Pontes and Fernandes I leave my ability to not so fluently speak Portuguese. To the classes I left behind I leave the rest of the hockey team my bendable ankles. To my sister, Olivia Crespo, I leave my parking spot and to Nate Homans, I leave my ability to fail math exams.

Mary Jordan: In ten years I will still be attached to Emily Lima's arm, Lauren Saloio will be in the NBA, Kait Stephenson will change her name and identity to Patricia, and Maya Grywalski will have a brand new whip with no keys. my vocabulary will still only exist of "me, ok me, scared, legit scared, okay scary, wait what, and slay queen". Also I will be in California, Yeet. To Ryley Breault i leave my "Bob Saget" style, to Olivia Crespo I leave my driving skills, to Kayley Davis I leave a puffball, to Kali Grimes I leave my Air Force 1's, and to Ana McDonald I leave my sweating problem.

Tugba Kahveci: In ten years I will be done with college as a PA school graduate, living with my parent because I love them and we are clingy. To Ludlow High School, I leave my name because no other "Tugba" will ever enter the building. To the classes I left behind I leave long years of devastation, but eventual success (possibly).

Cameron King: In ten years I will be balling out in a mens ball league, averaging a solid 9 points. To Ludlow High School, I leave a bathroom monitor. To Mr.Woodman I leave my agricultural skills, to Mr.O'Connor I leave my airpods, and To Lattanzio I leave our over for the NBA. To the classes I left behind I leave the asbestos floors and another locked bathroom.

Christian Kopec: In ten years I will be running Beachside Motors, living in a big house next to the Procons. We will all have matching G-Wagons. To Sierra I leave the lady at Big Y's bumper, to Lexie I leave toasted plain bagger with butter, to Olivia I leave your wallet, and to Jill I leave witch hazel and my spot on Sunset Ridge. To Emma I leave endless cones on the card, to Kobe I leave my phone after 9 pm, to Ela I leave the Boston Breakers sweatshirt I stole from you, and my great taste in cars, and to Mikey I leave my Audi S4.

Natalia Lachut: In ten years I will be 28 years old.

Garett LaDuke: To Mr.Bly I leave the pencils in the unamused entity.To Madame leave all the surprises left in your room.

Xavier Lamas: In ten years I will be big chilling with my bro-skis with a babe under my arm. I will have money in the bank, and have "Dr." at the start of my name. To Antwone Webb I leave my wrestling skills and my title as "Track God". To my sister, Tatiana Lamas, I leave my teachers, who I softened up for you. To Mike Riley I leave my warmth and to Mike Gilrein I leave some chicken nuggets.

Christopher Langlitz: To Nicholas Langlitz, I leave my sleep and alarm schedule for the school year. To Josh Dagenais, I leave my building skills.

Emily Lima: In ten years I will be 10 years older than I was when I wrote this. To Adam Lima, I leave my ability to speed to school in three minutes. To Alexis Bragga, I leave my defensive skills that I learned in about two days. To Ryley Breault I leave my colonial pants.

Christian Mackenzie: In ten years I will be chilling in South Carolina, making the big bucks. I will probably own one or two businesses and be as swole as Ms.Cook. To Ludlow High School I leave my good sense of humor because most of you need it. To Mrs.Bernard, I leave my cooking skills, she knows I have been whipping it up since day one. To the classes I left behind I leave the bathroom keys, by the time us seniors are gone the bathrooms won't exist. To Angela Tobiasz, I leave my heart and also my brain since she will need it.

Brennan Madru: In ten years I will be living on my own with my family, enjoying my job.

Jaden Malaquias: In ten years I will be a pharmacist. I will also take a lot of vacations especially to Cuba to visit Tupac. To Ludlow High School, I leave absolutely nothing, this school is horrendous. To Mr.Woodman, I leave a life supply of tea bags. To Mr.Lee, I leave a squatty potty. To the classes I left behind, good luck, you're going to need it. To Anthony Quiterio I leave my brains and to Tyler Goncalves I leave my height.

Ashley Marini: In ten years I will be happily married to my husband, vacationing by the ocean with my ten dogs.

Fantasia Marques: In ten years I will be living in South Carolina with Nathan Dias, getting tanned under the sun, next to the sky wheel.

Malena Marrow: In ten years I will be working in a hospital as a nurse and coming home to a wonderful husband and our two kids. To Ludlow High School, I leave my undying hatred for math. To the classes I left behind, I leave some encouragement to actually do your homework, if you want to pass. To my lovely brother, Robert Marrow, I hope you pass on time bud.

Nate Martins: In ten years I will be doing a lot better because most of you won't be in my life. To the classes I left behind I leave all of the absurd rule and that one bathroom.

Kayla Martins: In ten years I will be working a full time job.I will have a nice house with my husband and kids. To Katelyn Bastos, I leave some brain cells because she needs them.

Aidan McBride: In ten years I will be working at Augusta National Golf Club, living in a mansion with three dogs. Oh, and I will be loaded. To Lattanzio, I leave my golf game. To Gomes-Fernandes and Langone, I leave a peaceful fifth period.To Grace McBride, I leave my rosy cheeks.

Nicole McCarthy: In ten years I will be living a happy and adventurous life. To Ludlow High School, I leave absolutely nothing. To the class I left behind, I hope you all make it out of here. To Jake Manewich, I leave my ability to get your way no matter how annoyed people get at you. To Julianna Johnson, I leave my ability to be brutally honest to anyone.

Meaghan Mcguinness: To Mr.Bly, I leave the pencils in the unassumed entity.

Jerrid McManus: In ten years I will be unable to see past the stacks of money. To Walsh, I leave a message, I am going to take life as seriously as you take track. To the classes I left behind I leave my advice, do not ask to go to the bathroom unless you want people thinking you juul. To my boy, Jonas Carvahlo, I leave you an application to McDonalds because of thos grades boy.

Mike Medina: In ten years I will hopefully be in the Bassmaster Elite Series. I will Tyler Sousa my personality and I will AJ Quiterio my beautiful luscious locks.

Jesse Mendez: In ten years I will be a certified PA and hopefully starting a happy family a long with being a proud owner of three rescue dogs. To Mr.Fanning, I leave my political cartoon skills. To Adam Lima, I leave my finishing skills.

Haley Meunier: In ten years I will be living in a cute house with a nice job. I will also have ten dogs.

Emily Midwood: In ten years I will be a social worker helping as many people as I can. I will be traveling the world as much as possible with the family I created (in my yellow Volkswagen of course). Lastly, I will be spreading positivity to everyone everywhere I go. I will be meeting new people and planning my presidential campaign. To Ludlow High School, I leave my positivity, my courage, my kindness, and my will to stand up for what I believe in. To my teachers, throughout my four years and even the ones I did not have, I leave part of my heart that you all helped guide. To Mr.Fanning and Mr.Augusto, I leave my ice cream and to Mr.Kudla, I leave all my hugs. To the classes I left behind, I leave you a new and fair dress code, please do not let it change back. To my sister I leave my passion, my drive, my hard work, and our daily ham sessions on our way to school.

Colin Miller: In ten years I will be helping the company I work for create video games. While I find a place to move into that is nice but not too costly. To Ludlow High school, I leave thirty or so pencils that I have lost over the years. To members of the faculty, I leave you the good memories and laughs we shared while I was here. To the classes I left behind, I leave an apology for whatever some seniors have mocked you for.

Brianna Monsalve: In ten years I will be married to a hottie with a body, pregnant with my second kid ready for four, with two dogs and a cat. living in a big place in New York City and acquiring this loaf. To Ludlow High School, I leave my woes. To the classes I left behind I leave the street right in front of the school where I crashed my car. To Alyssa Moore, I leave my last vote for captain. To Fiona Campbell, I leave my "special feelings" for volleyball and everyone on the team.

Kylie Montemagni: In ten years I will be living in my own house and driving a jeep grand cherokee. I will see Nicole every summer while she is on a tropical vacation and visit Colette at walgreen's while she trains for the Skiing Winter Olympics. To Ludlow High School i leave all of my memories. To Mr.Kudla I leave my stellar English skills and how Juliet was weeping and crying. Sidney Kornacki leave the confidence you need to do well next year, and the motivation to finish senior year. To the ludtennis team I leave the ability to know you can accomplish anything you set your mind to, and a reminder to eat as many orange slices as possible during matches...and always save the cookies for the end.

Max Morel: In ten years I will be kicking back on the couch with my wife and kids watching the Incredibles after a long day of mechanical engineering. I'll also be laying down dad jokes life a champ. To Ludlow High School I leave the hope that one day everyone will be able to use the bathrooms for its intended purpose. To Mr.Fanning my ideas of the world through rose-colored glasses. The the classes of 2020, 2021 and 2022 I leave my procrastination skills. Matthew Tibbitts leave the student council presidency and role as captain of ASMW. Emilio Mancuso will my brains.

Andrew Morris: In ten years I will be an alumni of Fitchburg State University and a graduate of the 4+1 Police Program. I will be serving in a law enforcement capacity in New England. To Ludlow High School I leave the keys to the locked bathrooms. To the members of the faculty I leave a concern for your sanity. To the classes of 2020, 2021 and 2019 I leave sleepless nights and long days. To the remaining band members I leave you band director bingo.

Cole Moutinho: In ten years I will be livin' a lavish life in a penthouse in Miami. I'll be draped down in all Gucci everything, and spend my days chillin on South Beach with my Gucci flip flops and my dog. The world has not seen a Jordan Belfort since Jordan Belfort... To Ludlow High School I leave the State Championship Trophy. To Mr.Walsh I leave my fantasy football expertise. Ethan Lapa leave my football at soccer practices. Humberto Terrinca leave my "C" and my goal scoring abilities.

Emily Mullin: In ten years I will be still paying off my student loans, working for an architecture company as a fire protection engineer. I will be living in a house with my roommate and dog working on my thesis for my life PhD in fire protection engineering. To Mr.McAvoy, Mrs.Dionne and Ms.Dupont I leave gratitude for giving me the strength and support I needed throughout all these years and helping me grow. To classes of 2020, 2021, and 2022 I leave my bassoon. To David Keroack a purple saxophone. To Morgan Faria I leave a warm blanket. To Savannah I leave a weird late nigh conversations that are somehow philosophical.

Bridget Murphy: In ten years I will be the proud owner of a dog farm. I will be dirivng an all blacked out Range Rover, and adding to my sneaker collection. To Ludlow High School I hope that you get a new track. To Kassy Muise I leave my ability to laugh during serious situations. I will Gabby Walczak fast speed walking skills, and Gizzelle Abanador and Kayla McKay the talent of hop-skippidy-jumping to graduation.

Ashely Navarro: In ten years will be thriving with my boo thang, and still probably dealing with the trauma and injuries from being dropped too many times in cheer. To Ludlow High School I leave the knowledge that cheer is totally a sport. To members of the faculty I leave my endless visits and rants. In addition my prayers that one day your jeep will work like a normal vehicle. To my cheer babies I leave the goal of dreaming big, keeping the first burin,and the strength to deal with the battles of life.

Paige Nemeth: In ten years will be a nurse in Flordia and take weekend trips to Disney with my little family. I will be calling my mom everyday asking how her day at school was and face timing my dad to kiss diesel. To the principal (my mom) I leave the smile I always gave her. To Christian DaCruz I leave my driving skills. To Mrs. Dionne I leave the stress of applying to college.

Phil Nguyen: I ten years I will be in medical school because I'm Asian. To members of the faculty I leave advil for the new freshman. To the classes of 2022,2021, and 2020 I leave my gains. To Chantz McClean I leave my sleeves, to the entire football team I leave the weight room, and to Jocelyn Trajkovski I leave my leg muscles.

Ariana Ortiz: In ten years will be living my best life still stunting on all y'all and partyin hard cuz I party Ari. To Mr. Camp I leave twenty dollars hidden in his room somewhere, so good luck finding it. To LHS PE staff I leave behind the truth of what happen to that bowling ball freshman year. To the classes of 2022,2021, and 2020 I leave my instagram, go follow me @partyy.arii. To Tia I leave my strength to not give up and keep fighting, I love you! For Aaliyan I leave my patience to deal with me perras! For my cheer babies I leave the will power to keep on fighting and proving that cheer is a sport!

Darren Peabody: In ten years I will be successfully traveling around the country and beyond while being an officer in the air force with a nursing degree, and if I'm not, something probably went very wrong. To Ludlow High School I leave an explosion because it's cooler not looking back at an explosion and my sarcastic rendition of the Pledge of Allegiance. To member of the faculty I leave a trophy of gratitude to the vices for setting the bar higher. To Mrs. Gomes I leave a reminder of your heritage. To the classes of 2022,2021, and 2020 I leave an unimaginable amount of luck and sympathy. Adam Wehner leave the morning announcements (don't let the flame die out!)

Sam Pepin: In ten years I will be twenty eight years old with two kids and one marriage, living pay check to pay check in a trailer park. To Ludlow High School I leave my greatness. To the classes of 2022,2021, and 2020 I leave the locked bathrooms.

Harmony Picard: In ten years I will be living in Rhode Island with my husband and three dogs. I will work at a biology lab and probably own a Tesla. On the weekends, I'll visit Jenna in Nashville to watch her perform, getting Dunkin with Anna on the way.To Ludlow High School I leave you all with the endless memories with your classmates, an abundance of school spirit, and so much love for Ludlow. I hope you all remember Mrs. Kurty and Mr. Bylicki so that they live on as the legends they are. May you all cherish the time you have here because it goes by faster then you could ever imagine. To Amelia Valadas I leave my ability to cry at literally everything.he responsibility of making spirit week videos and the talent to finesse her way out of work to go to sports games. To Hannah Robinovtiz I leave my constant complaints about Pizza Corner, the amiability of keeping Mr. Carlin in on the hip lingo, yelling "Ludtennis"at inappropriate ties, and the aux for tennis bus rides. To Madelynn I leave my room when I go to College, all of my playlists, and my Dunkin addiction.

Caitlin Plourde: In ten years I will be working in the foster care system trying to help anybody I can. Oh, and I will have rescued a bunch of animals, so I will have a lot of fur babies. To Ludlow High School I leave all my annoyance I had everyday walking through the halls. Oh, and my calculator because I'm done with math (sorry Marin, Camp, and Andross) To the members of the faculty I leave Mrs. K and Mrs. Andross all the problems you helped my through and thank you both for teaching me some of the most important lessons I learned in high school. To the classes of 2022,2021, an 2020 I leave the patience you need until your graduation.

Ethan Provost: In ten years I will be same as now- living my life one day at a time with a dream of changing the world. But this time with a dog. To Ludlow High School, I leave my blood, sweat and tears. But mostly sweat, because, you know, no AC. To my brother Josh I leave my shoes (yes, they are big)

Kerrigan Rae: In ten years I will be living in a mansion next to my sister Lydia. We will own our own law form, and drive G-wagons. Possibly will have three German shepherds, and children if I'm lucky! To Ludlow High School I leave my facial expressions and attitude. To Mr. Lattanzio I leave my lungs, to Mrs. Roy I leave Trenta verry berry hibiscus refresher with light ice. To Ryann Grywalski I leave my debit card.

David Rivera: In ten years I will be in the NBA crossing up Labron. To Ludlow High School I leave my macho man mustache. To the members of the faculty I leave my missing assignments. To the classes of 2022,2021, and 2020 I leave my style, and my curls. To Tyler Sternowski I leave my jumpshot. To Angel I leave my looks.

Matt Roda: In ten years I will be an adult with a good job and maybe a family but realistically I'll probably still live with my mom and be calling Nick for rides. To Ludlow High School I leave my earbuds because you guys never gave them back. To members of the faculty I leave my missing homework assignments, sorry there a little late. To Caleb Hanson I leave my parking spot.

Kathleen Rooney: In ten years I will be much better at parking or rich enough to hire someone to park for me. To Mrs. Kurty, I leave a medium iced caramel coffee with cm and sugar. To Kayley Davis I leave a med ball. To Kayla McKay I leave my handles. To Ryley Breault I leave my rip off pants. To Arayah Remillard I leave a ladder.

Stephanie Rosa: In ten years I will be living on a beach. I don't know where, but on a beach. To Ludlow High School I leave my goodbye. To Josh Dagenais I leave my eyes. To Nolan Rosa I leave my diploma.

Emily Rua: In ten years I will be teaching English somewhere and singing as a side job, I will still be in love with Queen and have a lot cats. To Mr. Henry I leave a new freshman to help break out of their shell. To Mr. McAvoy I leave another band groupie.To Mr. Woodman, another student that will actually read the assignments books. To Sara Ketchale I leave the role of mens chorus mom. To Davod Keroack I leave earplugs, not for him, for everyone around him.

McKenna Ryczek: In ten years I will be driving around in my jeep wrangler unlimited while my French bulldog cooper sticks his head out the window. I will be living somewhere warm with no snow making a living doing something that requires minimal work and high pay. To Julianna Johnson I leave absolutely nothing..we are already the same. I leave Ludlow Tennis in the hands of Olivia Dinis and Becca Hall. I leave Kaylee Davis a few extra points to add on to her gpa.

Shayba Safi: In ten years I will be far, far away, but yet so close because I think I will still be grounded, and my phone will still e taken, I won really be allowed to leave the comfort of my beautiful home. To Ludlow High School I leave absolutely nothing. To Mr. Agusto I leave the one way sign. To the classes of 2022,20221, and 2020 I leave patience, something that I did not have. Maiwand Safi leave my whole attitude. Elma Kolenovic leave my life's work.

Lauren Soloio: In ten years I will be living somewhere warm with my two mini Golden doodle dogs driving a jeep and making good money while doing what I love. To Karley Assaunt I leave my number five soccer jersey. To Kayley Davis I leave some brain cells.

Elizabeth Salvas: In ten years I will be happy living with my husband living somewhere warm. I will be an early education teacher and will be living with an amazing bulldog. To Mr. Lattanzio I leave quiet now that I am gone. Lara Cadete leave you to find a good mans. Theresa Hurteau leave our f hallway adventures.

Andrew Santos: In ten years I will be Mrs. Gomes neighbor sippen on some chocolate milk. To Mrs. Gomes and Mr. Lattnzio I leave a quiet class room. To the classes of 2022,2021, and 2020 I leave luck. To Malik I leave my long ball skills.

Meghen Seligman: In ten years I will be in college working towards receiving my PHD to become a surgeon. I will be living happy life with amazing friends and family. I will be traveling to other countries when I can. To Ludlow High School I leave all the homework given and the hot sweaty summers. To the member s of the faculty I leave the many fun memories I had in Mrs Zianio's class freshman year. To the classes of 2022,2021, an 2020 I leave he hot summer in school and the old winters in school from the ac/ heaters. To Madison Peacy I leave my parking spot.

Ben Shaw: In ten years I will still not be able to smell.To Ludlow High School I leave the last good football team for over twenty two years. To the members of the faculty I leave my study habbits. To my sister I leave my excellence. To Joceyln Trakoski I leave my sick red and white shoes. To Mike Gilren I leave Gar Gar.

Dakota Smith: In ten years I will own my own house and be a successful veternarian, living my best life with the person who makes me happy. To the classes of 2022,2021, and 2020 I leave behind the locked bathrooms. To Kiley Gaughan I leave behind all my sweatshirts and long sleve shirts.

Alexa Sullivan: In ten years I will be happy with whatever I'm doing. I will have raveled at least one place that I have always dreamed of traveling. I will also have twenty dogs. To Ludlow High School I leave a two year streak as Varsity Team League Champions. To the classes of 2022,2021, and 2020 I leave the power to get through nights of doing work without any sleep. To my brother I leave the ability to write nonsense that looks like real work.

Abigail Sweeney: In ten years I will be living in Quantico, Virgina working as a forensic scientist in the FBI labs. I will live in a beautiful house not far from the beach and I will spend my free time traveling.

Stariya Teles: In ten years I will be in Flordia at Seminole community college, learning about how to be the best RN I can be, and focusing on my relationship with my girlfriend. To Ludlow High School I leave my attitude and tears. To the members of the faculty I leave Mrs. Dupont, the person who helped me through everything life handed me these four years. To the classes of 2022, 2021, and 2020, do all your homework before senior year, because they want to tell you your staying back until graduation. Tyler Sternowski and Josh Disley, the two boys who have been their from day one. Love you both.

Mary Tessier: In ten years I will be living somewhere far, far away. I I hopefully have a job I love and I'll have a nice house with a bunch of pets. Life as I know it, will be good. To Ludlow High School I leave you no part of me. To Mrs. Masse I leave hope to get through the rest of her teaching career. To Mr. Bly I leave Sheryl Crow songs. To Mr. Olivera I leave my sick math skills. To the classes of 2022, 2021, and 2020, I leave any will power I my have left to get you through the rest of your time at LHS. To Elma I leave the third library table from the right in the back. To Julianna I leave the pon. To Alyssa I leave you the navy blue Olympia shirt. I leave Josh his beard and funny stories.

Jenna Thompson: In ten years I will be graduated from Quinnipiac University while living on a farm in Nashville with my hot husband and three dogs. Hopefully I will have an album or two out and will be performing in Nashville. Every weekend or so I will fly Anna and Harm down so they can come to shows and we can catch up on girl time, obviously. To Jen Kania, I leave all of my tennis mom duties, including always coming prepared to practice and games with whatever the girls may need and going on frequent Popsicle runs so that we don't over heat. To Jocelyn Trajkovski I leave my willingness to always drive people to and from parties and my tolerance to put up with all of the teasing from the guys. To Hannah Robinovitz I leave my E wing hall patrol spot along with my death stare that tells people to go around without having to say a single word . To the classes of 2022, 2021, and 2020, I leave my determination to push through and get stuff done even when you have the worst senioritis. People always say it, but it really does go by so fast, so cherish every moment, keep making memories, and enjoy your last few years.

Justin Torres: In ten years I will be ten years older... or dead who knows. To Ludlow High School In I leave nothing. To the members of the faculty I leave all the stress they gave me throughout the four years except Mr. Henry and Mr. Kudla. To the classes of 2022, 2021, and 2020, I leave the thought of education. I leave my family and friends the thought of me.

Alexia Trikas: In ten years I will be ten years I will be living on a beach somewhere driving a blacked out porsche with gold brembos.

Joshua True: In ten years I will be on Broadway or Hollywood living out my dreams and married to my beautiful girlfriend. To Mr. Henry I leave a new group of chorus kids for next year. To Adam Wehner I leave the ability to drink one glass of milk. Brielle Hamel leave the title of chorus mom. Tristan Maynard leave the ability to deal with men's chorus. To Adam Wehner and Nathan Doyle I leave the role of Alpha fight for it!

Jason Tunis: In ten years I will be somewhere other than here. To Mr. Kudla I leave my ability to grow hair. To Mr. Smith I leave my " charming" personality. To Mr. Pires I leave my knowledge of trivia. o Mr. Camp I leave I leave my first name. To Luke and Josh I leave our T-posing skills. To Bacon, Greek yogurt.

Ryan VanWart: In ten years I will be working for my own business called " Chris Home Tmprovment." I will have two dogs, and will still be living with my mom, until I can buy a nice house. To Ludlow High School I leave a 2018 state champions my best friend Mr. Latanzio. To Mrs. Picard I leave the strength to put up with kids like me in the future. To the classes of 2022,2021, and 2020 I leave the ability to win another state title. To Tyler G, AJ, Malik S, and Bugra G I leave my nastiest Jayherb playlist on my sound cloud. To Kobe Dias I leave my ability to make the soccer coaches laugh every minute of practice.

Brianna Walas: In ten years I will be continuing to make a positive impact on the world , even if it is just in small ways. I also hope to have a job that fulfills me and allows me to travel A LOT.. (oh and have like ten dogs too) To the classes of 2022,2021, and 2020 I leave he motivation to make it through all four years.

Wesley Wahlers: In ten years I will be the owner of an animal sanctuary somewhere far away form Massachusetts, avoiding people. To Mr. Olivera I leave all the blue dye his heart could desire. To Mr. Kudla I leave the ownership to Big Y. To the classes of 2022,2021, and 2020 I leave high school drama, depression and lots of anxiety. To LLuke St. Jacques leave a new car that isn't totaled. Sean Kennedy leave my memes.

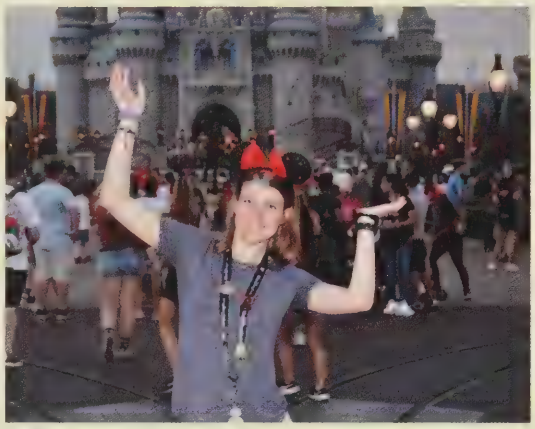
Burak Yanbui: In ten years I will be the owner of a pizza shop.

Paige

All our dreams can come true, if we have the courage to pursue them - Walt Disney

The future is yours to conquer Paige! We are so proud of you and can't wait to see what the future holds for you.

Love, Mom, Dad, Haley and Diesel



Brandon

Another turning point, a fork stuck in the road.
Time grabs you by the hand, directs you where, to go.
So make the best of this test and don't ask why.
It's not a question but a lesson learned in time.
It's something unpredictable, but in the end it's right.
I hope you had the time of your life.- Green Day "Good Riddance"

Brandon,

We are so proud of everything you are and have become. We can't wait to see what your future holds. We know you will do great things.

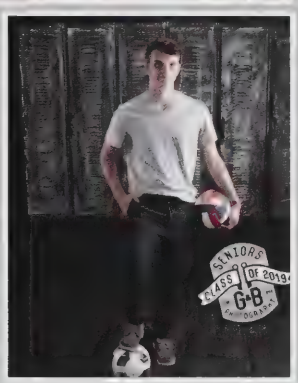
Love,
Mom, Dad, Matt, Jada 🐾
and Indiana 🐾

Brianna Madison Walas

You are an amazing young woman of integrity, always caring for others. You are passionate in your beliefs, and possess the determination to reach your goals.
We are so proud of all you're accomplished. As you pursue your dreams, surrounded by people who love you, know that all you need to build an amazing future is already within you.
Congratulations Graduate!!! From your loving family

Ethan

The world is so much better with you in it and we cannot wait to see the big things you do!



Go confidently in the direction of your dreams. Remember who you are, be kinder than necessary, laugh at the little things, have courage and be strong.

With all our love,
Mom, Dad, Joshua, Sophie & Cody

"It's kind of fun to do the impossible"
Walt Disney

Lauren,

You light up our life with your smile! Keep adding to the goodness and beauty in the world and never stop reaching for the stars.

Love, Mom, Dad, Breanna and Michael

Emily Mullin

Joshua,

It seems like the last 18 years have gone by in the blink of an eye... and yet, here we are! You have the biggest heart, the strongest spirit, and the most amazing future ahead of you! I hope you know how very proud you have made your family! Keep chasing those big dreams, reaching for the stars, and never - for one second- doubt your ability to move mountains! We love you to the moon and back!

Love,
Your incredibly proud family

"You're off to great places, today is your day! Your mountain is waiting, so get on your way!"

Congratulations!

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X-Man

Xavier Lamas

Congratulations Xavier! I'm so proud of you
Love, Tatiana

Xavier, life is going to be a great big wonderful adventure for you. I didn't say perfect, but enjoy the ride. Love you, Meme

Congratulations Meu Filho.
Love, Vo

Live life like you played Pokemon.... MAKE UP YOUR OWN RULES!!
128√e980 Auntie Jenn

Xavier, You are stronger than you think, more capable than you ever dreamed and you are loved more than you can possibly imagine. Live your dream.
Uncle Scott, Auntie Tracey, Chad and Meghan

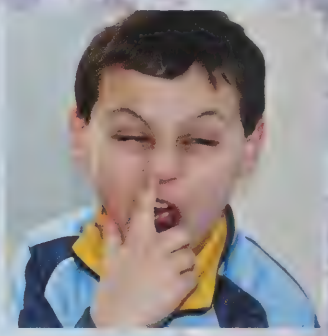
Xavier, You will do great things. We loved you yesterday, we love you today and will love you forever. Auntie Tina, Uncle Chris, and Ardyn

Congrats X-man. You did it, Way to go!! We wish you the best of luck in the future. Love, Tia Amy, Tio Jesse, Krysta and Mia

X,

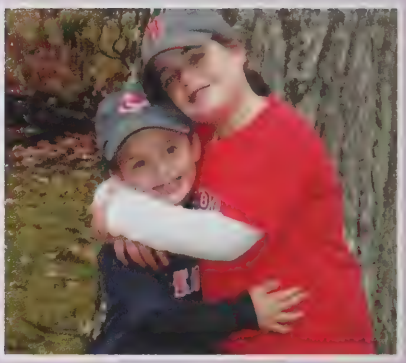
You and Fractals are very much alike. At first glance you are gorgeous. With each passing minute spent appreciating you it becomes more clear how amazing, complex, strong, consistent, and deep you really are. You are going to have an amazing life!

We are so proud of you and love you,
Mommy and Daddy



in omnia paratus

Words could never describe how proud we are of you. Your kindness and giving heart are an inspiration. Your hard work and dedication have really paid off.



We are excited to see the wonderful things you will accomplish in this new stage of your life. Though many things will change, our love and support will always remain.

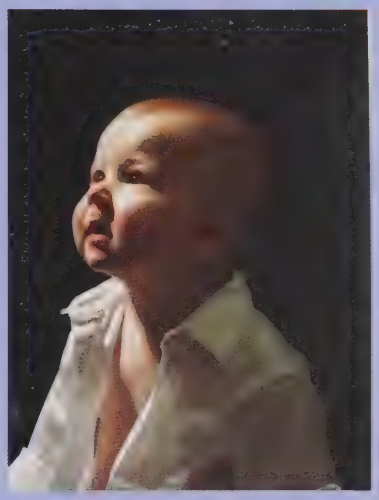
We love you so incredibly much,
Dad, Mom, Evan, and Samuel

Alexa Taylor

What she tackles she conquers-Richard Gilmore

Wesley

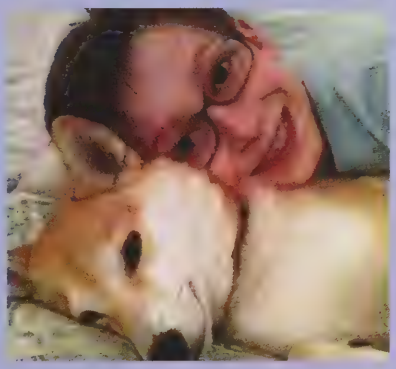
You are so young, yet so wise beyond your years... everything you need to know you will learn through your journey... and life is generous to those who pursue their dreams... so remember there you will your treasure.



Always be the extraordinary soul the universe meant for you to be.

YOU WILL REACH YOUR DESTINY...
BECAUSE YOU ARE THAT GREAT!

Congratulations
We Love You So Much
Mom & Ken

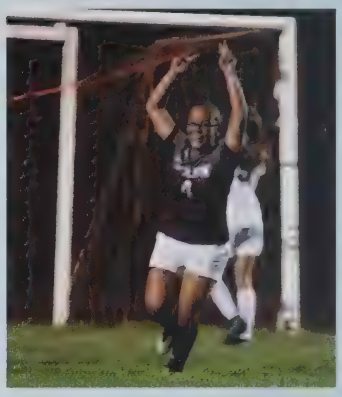


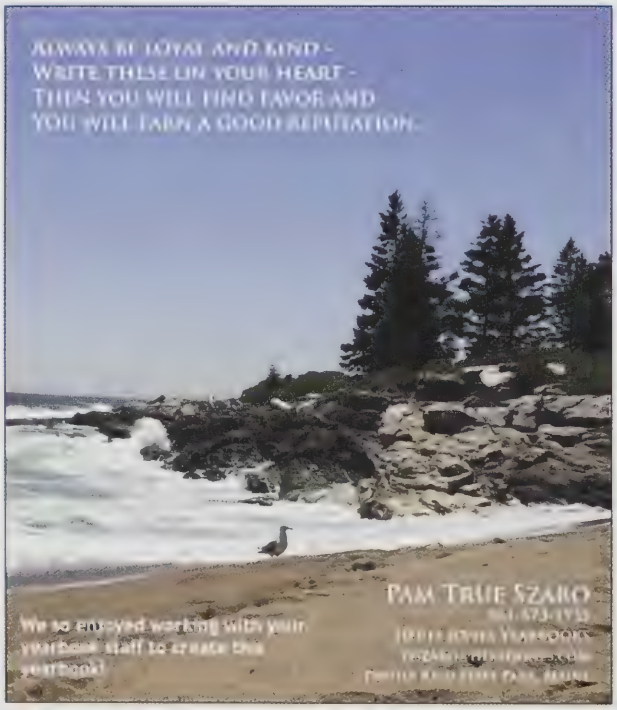
Audri

Your wings already exist, all you have to do is fly.

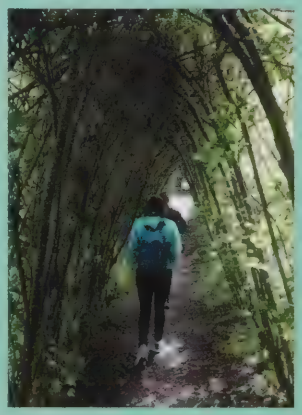
Behind you
all your memories,
Before you
all your dreams,
Around you
all who love you,
Within you
all you need.

Love,
Mom and Dad





Congratulations,
Class of 2019!



Emily

We are very proud of the independent, courageous young woman you have become and all that you accomplished so far.

As you begin your next journey remember to always stay true to yourself.

We know that you will achieve great things and we look forward to seeing what you do next!

Love,
Mom, Dad & Ashley

Ryan

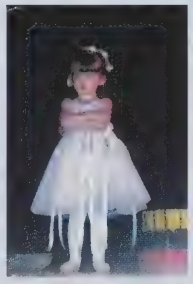
Take pride in how
far you have
come;
Have faith in how
far you can go.

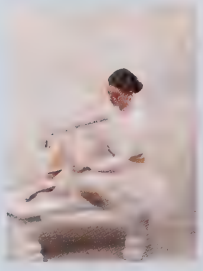
Love,
Mom, Samantha,
and Stanley

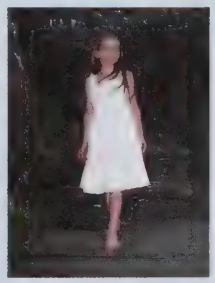
CHIPPER

Michael

You have grown to be an amazing young man. We are your biggest fans and can't wait to see what happens next.
Love,
Mom and Dad

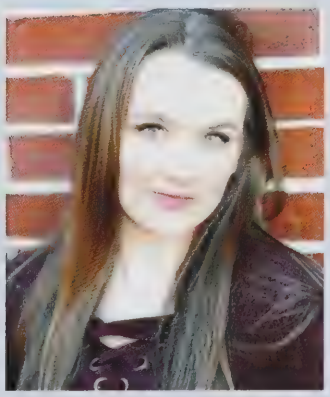




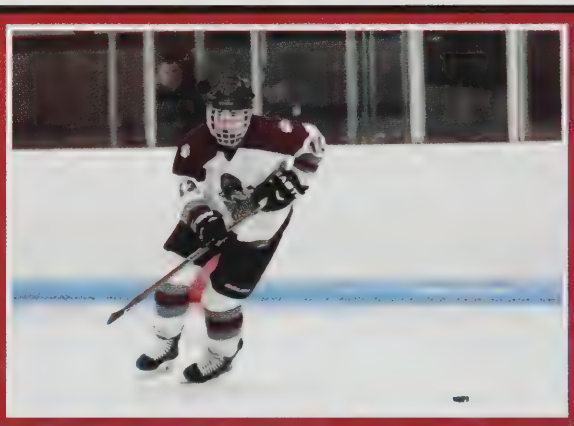


Emma Rose

We've watched in amazement as you've grown into the person you are today, and we're watching with great anticipation to see what you will become. With your talent and determination, the sky's the limit!
Love Mom, Dad, Parker, Andre and Princess



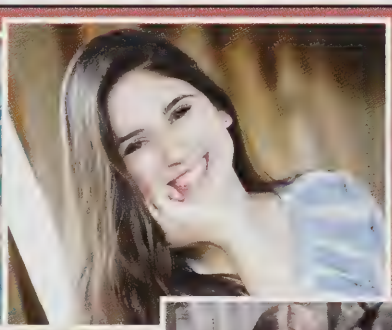
"Always remember you are braver than you believe stronger than you seem smarter than you think & more loved than you know"



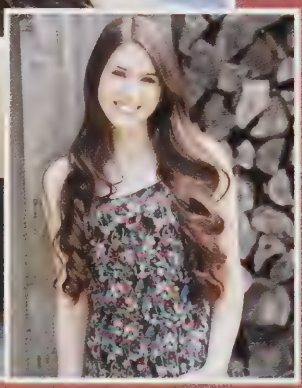
Cole

You can do anything you put your mind to.
We are so proud of everything you have achieved and the person you have become.

Congratulations
and all of our love,
Mom, Dad, and Ava



ASHLEY



[illegible]

Abbey Casagrande

TJ

We are so proud of you TJ! We wish you much happiness and success in your future.
Congratulations!
We Love You Muchly,

Dad, Mom and Emily

"Chase your dreams but always remember the road that'll lead you home again."
- Tim McGraw

Téa

Congratulations Téa! Graduating high school is just the beginning of your journey. We know that you'll succeed in what ever you put your mind to. We can't wait to see what your future holds! Always believe in yourself!

Love,
Dad, Mom & Kacie
xoxo

Congratulations Owen!

With love from
Mom, Dad, Patrick and Lucy

Jenna

"The biggest adventure you can take is to live the life of your dreams."

You have brought so much joy and light into our lives from the moment you were born. You have been blessed with eyes that see the good in others, a heart that offers so much love, a soul that is filled with kindness and compassion, and a voice that is truly a gift from God. We are so proud of not only what you have accomplished, but of the amazing person you have become.
Love, Mom and Dad

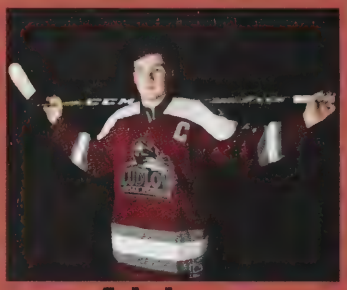
Kaylin Isabelle

"Why fit in when you were born to stand out?"
-Dr. Seuss

Sydney

"Success does not consist in never making mistakes but in never making the same one a second time"

We believe in you
Love Mom, Dad and Kylie

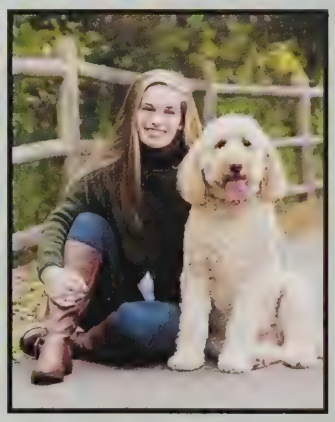


Aidan

"Be better than you are. Set a goal that seems unattainable, when you reach that goal, set another one even higher."
Love Mom & Dad

Congratulations
Caleigh
class of
2019

Behind you,
all your memories.
Before you,
all your dreams.
Around you,
all who love you.
Within you,
all you need.



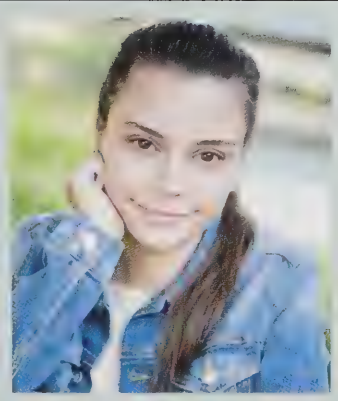
Love,
Mom, McKenzie, Dad, Deanna, Hunter, Jessyca, and Grampy

Jillian

It's hard to believe that the time has come for you to step into this next chapter of your life.. We are so proud of you and we know you will do great things with your future. Chase your dreams and always look forward. Learn from your mistakes and take the advice of your older siblings.
Love Mom and Dad.

Marisa Gil

We are so proud of the young lady you have become.
Never stop striving for your dreams.

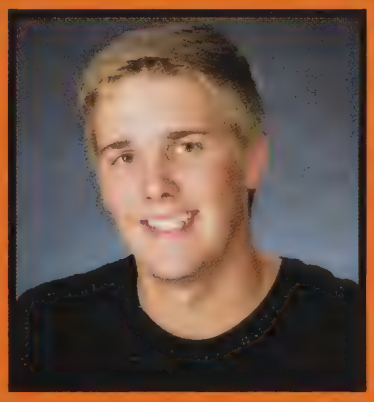


Love, Mom, Dad and Daniel.

Ryan

I am so proud of the wonderful young man that you have become. Remember to always follow your heart, believe in yourself, challenge yourself and most importantly laugh at yourself.

With love from your biggest fan Mom.



Camden

"Life is like a game of soccer. You need to have goals. If you don't have goals then you can't win." - Unknown

You can do it, whatever it is.
Love Always, Dad, Mom, Cody, Caliana, and Cora

Zachary Ryan Grimes

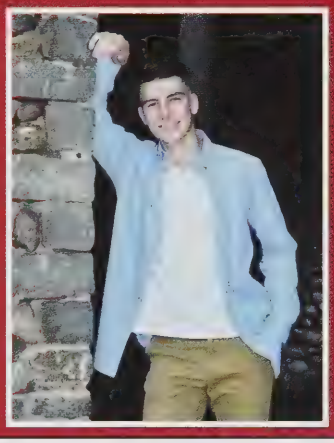
"There are two great days in a person's life.

The day we are born and the day we discover why."

You have developed into the man mom and dad have always dreamed of raising. We are proud of you excelling through school as a student, sports as an athlete, religion as a catholic, and growing as an individual. But, mostly, we are proud to call you our son.

We look forward to sharing in the day you "discover why".

Love you (more)!
Dad, Mom & Kali



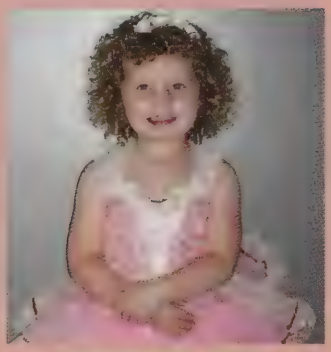
Sadie

"We Must Accept The End Of Something In Order To Begin To Build Something New."

We are all so proud of you and your accomplishments.

Follow your dreams!

All My Love, Mom



Abby Mongeon

We are so proud of the amazing young woman you are. Follow your dreams! You will do great things in your life.

Love you. Mom, Dad and Bailey

We are so proud of you and all the hard work you've done to get to this point in your life.

Congratulations, we love you.

The best is yet to come.
Dad, Mom, and Jonathan

Sam

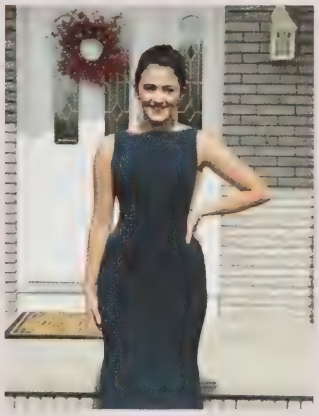
Ryan Johnson

We are so very proud of you and all that you have accomplished. You have grown into a wonderful young man and we are looking forward to seeing what the future holds for you!

We all love you so much!
Mom, Dad, John, Olivia, Ariana
Gramma, Dziadziu
and Grammy

Anna

Dear Anna,
My Daughter
My Princess
My Buddy
Where did the years go?
I am so proud of you and
all that you have
accomplished and I know
your mother is too!
Reach the stars!
Be your honest self!
The future is yours!
Love you more, always.
Dad



Congratulations
Class of 2019!

We wish you all the best in your future!

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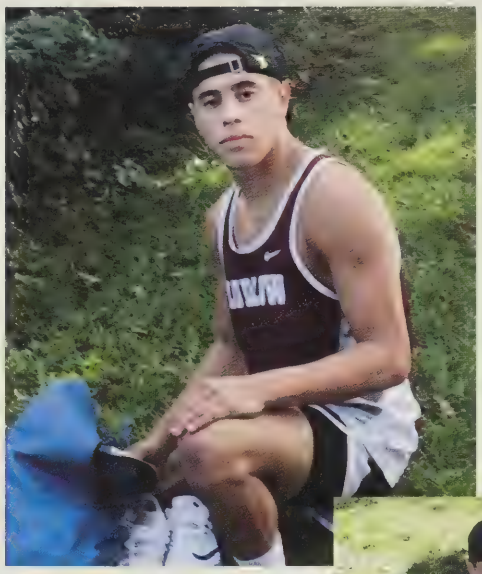


KJ

We've watched you grow up into a strong and successful young man. You have more drive and determination than can be expressed in words.
We are so very proud of the path you have chosen.
Now it is time for a new journey.
Stay strong, stay focused, set goals.
Live life just like you do on the mat.
Love,
Mom and Dad

Congratulations on all your accomplishments!
Love,
Stephen, Melissa, Zoey, Mallory, Zakk, Melissa, Gene, and Grayson

"No matter where life takes you we will always stand beside you."

Grace

Your future does not lay in front of you... it lies deep inside you. Life is not about finding yourself... it's about creating yourself. When life becomes a roller coaster, climb into the front seat, throw your arms in the air and enjoy the ride. Rise by lifting others. When life gets crazy, do something normal... and if life gets too normal, do something crazy. Always be nice. Play with wild abandon no matter how old you get. Find the joy in all choices you make. Never forget, I will always love you forever...
to the moon and back.

Love, Mom

Garett

Garett, we are so proud of the young man you have become! We cannot believe how fast that time has gone by, it seems just like yesterday you were graduating from kindergarten!

We know you are going to do great in your professional career. You are a smart, creative, fun-loving young man and we can't wait to see what is in store for you!!

Congratulations!! We love you!!
Love,
Mom, Dad, Jacob & Samson
xoxo

Savannah

Advice from the Ocean:

Be shore of yourself

Come out of your shell

Take time to coast

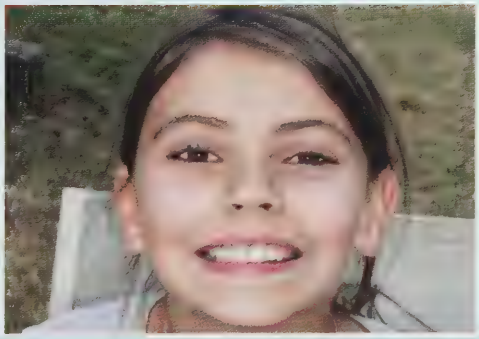
Avoid pier pressure

Sea life's beauty

Don't get tide down

Make waves!

Love,
Mama



Autographs

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HIGH SCHOOL